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**National Center Director**

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**Affiliation**

University of Zaragoza

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Universidad Politécnica de Madrid  
(INEF)

**Host Institution – Spanish EXERNET**

EXERNET is a Spanish Research Network on Physical Activity and Health that aims to unite the efforts of different Spanish research groups in physical activity and health to coordinate, harmonize and disseminate research in these specific fields of knowledge. EXERNET strives to contribute to the scientific development of our area of expertise; give knowledge and contacts to the most notable researchers in the field; encourage new proposals; enhance relationships in our academic and professional environment; develop new lines of action challenged changes that occur in our social environment; and discuss and agree on the Exercise is Medicine implementation strategy in Spain.



**National Center Advisory Board**

**Affiliation**

Prof. Dr. Jose Antonio Casajús Mallén

- President of EXERNET Physical Activity research group, University of Zaragoza,

Prof. Dr. Marcela González -Gross

- Research community, Universidad Politécnica de Madrid.

D. José Luis Terreros Blanco

- President, Spanish Agency for Health Care in Sports (AEPSAD)

Dra. M<sup>a</sup>José Mellado Peña

- President, Spanish Pediatrics Association (AEP)

Dr. José Luis Llisterri Caro

- President, Spanish Association of Primary Care Centers (SEMERGEN)

Francisco Miguel Tobal

- President, Professional Sport Medicine and Physical Education College

## 2018 Goals

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- Grow the EIM On Campus program throughout universities in Spain
  - Develop guidelines of exercise prescription based on scientific knowledge of each kind of diseases associated to inactivity
  - Set up nutrition and exercise guidelines workshops for healthy lifestyle in children, adults and special population for the prevention and treatment of non-communicable diseases associated to sedentary lifestyle (obesity, osteoporosis, diabetes, cardio and cerebrovascular diseases, cancer)
  - Set up training courses of physical activity guidelines and exercise prescription to health care professionals of national health care system
  - Coordinate and work together with all groups of our National Center Advisory Board and to create new relationships
  - Cooperate with primary care centers and health institution centers to assess physical fitness and exercise prescription
  - Analyze the barriers and facilities in achieving physical activity guidelines in nurses and physicians in Madrid primary care centers by focus group sessions and questionnaires
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## Accomplishments to Date

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- Kicked off EIM Spain with a large media conference in Zaragoza
  - Designed the EIM Spain website
  - Implemented EIM on Zaragoza University campus
  - Oral communication of EIM Spain at annual Spanish EXERNET meetings
  - Designed training courses on physical activity guidelines and exercise prescription to health care professionals of Madrid health care system
  - Focus group sessions with a representative sample of nurses and physicians of Madrid primary health care centers to analyze the facilitators and barriers to physical activity promotion and prescription
  - Provided an oral communication of EIM Spain in the biannual Spanish 2016 and 2018 EXERNET meeting
  - Zaragoza University was recognized as a gold level EIM On Campus program
  - Applying for European ERASMUS project with other countries in the European EIM network (EIEIM)
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**Exercise  
is Medicine<sup>®</sup>  
Spain**