

EIM Spain



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National Center Director

Prof. Dr. Jose Antonio Casajus Mallen

Affiliation

University of Zaragoza

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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, in order 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, discuss and agree on the implementation strategy of Exercise is Medicine in Spain.



National Center Advisory Board

Affiliation

Prof. Dr. Jose Antonio Casajús Mallén

University of Zaragoza, President of EXERNET PA research group

Prof. Dr. Marcela González -Gross

Universidad Politécnica de Madrid

Enrique Gómez Bastida

President of AEPSAD (Spanish Agency for Health Care in Sports)

Serafín Málaga Guerrero

President of AEP (Spanish Pediatrics Association)

José Luis Llisterri Caro

President of SEMERGEN (Spanish Association of Primary Care Centers)

Francisco Miguel Tobal

President of Professional Sport Medicine and Physical Education College

2017 Goals

- To grow the EIM on Campus program throughout universities in Spain
- To develop guidelines of exercise prescription based of scientific knowledge of each kind of diseases associated to inactivity
- To set up workshops of nutrition and exercise guidelines for healthy lifestyle in children, adults, and special population, for the prevention and treatment of noncommunicable diseases associated to sedentary lifestyle (obesity, osteoporosis, diabetes, cardio and cerebro vascular diseases, cancer)
- To coordinate and work together with all of groups of our national center advisory Board and to create new relationships
- To cooperate with primary care centers and health institution centers.

Past Accomplishments

- Kick off EIM Spain with a large media conference in Zaragoza
- Designed the of EIM Spain website
- Oral communication of EIM Spain in the annual Spanish EXERNET meeting
- Implantation of EIM on Zaragoza University Campus