

- I. Welcome and Introduction
- II. Business Report
 - I. Minutes of the 2nd Congress, 5th September 2013
 - II. Report of Chair
- III. Discussion about the Memorandum of understanding (MOU) by ACSM
- IV. Statues and Founding of the “Verein”
- V. 3rd Congress of EIEIM
- VI. Contents and goals in the near future of EIEIM
 - I. Grant submission European Union
 - II. 4th Congress of EIEIM
- VII. Finances
 - I. Cooperation with MEDICA
 - II. Cooperation with TechnoGym

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Report of Chair

- 12.11.2013 Presentation at HEPA Health Care Meeting in Zürich
- 20.11.2013 Meeting with Adrian Hutber at MEDICA
- 21.11.2013 EIEIM Presentation at MEDICA
- 21.11.2013 Meeting with ACSM, EFSMA, EIEIM and DGSP at MEDICA
- 27.01.2014 Meeting Mechelen / Steinacker Amsterdam
- 30.05.2014 ACSM Annual Meeting Orlando
- Willem vanMechelen appointed ACSM board of trustees
- 26.08.2014 new MOU from ACSM
- 13th/14th November 2014 MEDICA EIM and EIEIM presentations
- 14th November 2014 meeting with EFSMA

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European Initiative for Exercise in Medicine 3rd Congress

Budapest · Hungary
15th-16th September · 2014



A MILE A DAY KEEPS THE DOCTOR AWAY.

European Initiative for Exercise in Medicine Congress

September 15th-16th, 2014
Budapest



Did your doctor
recommend you
exercise as medicine?

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2012 Berlin

2013 Frankfurt

September 15th-16th, 2014

Budapest

2015 tbd

Applications welcome

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Foundation of the European Initiative for Exercise in Medicine

- EIEIM was founded in Barcelona, June 27th 2013 according to German Law
- Public non profit organization
- Statutes signed by 7 founding board members
- Criteria for membership :
- Any natural or juristic person or association supporting the purpose of the association can apply to become a member of EIMIM. The types of membership are:
 - National Initiatives
 - Board Member
 - Supporting European Association Member
 - Supporting Personal Member

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17 National Initiatives

Austria	Anton Wicker
Croatia	Stjepan Heimer
Czech Republic	Vaclav Zeman
Belgium	Bernard Maillet
Estonia	Eve Unt
Finland	Jyrki Komulainen
Germany	Jürgen M. Steinacker
Great Britain	Mike Loosemore
Hungary	Miklós Tóth
Israel	Edna Buckshtein
Portugal	Luís Bettencourt Sardinha
Norway	Terje M Halvorsen
Sweden	Mats Börjesson
Spain	Manuel J Castillo
Switzerland	Susi Kriemler
The Netherlands	Willem van Mechelen
Ukraine	Dekhtyaev Yuriy

6/2013

DEUTSCHE ZEITSCHRIFT FÜR

SPORTMEDIZIN

GERMAN JOURNAL OF SPORTS MEDICINE

**Special issue:
Exercise is Medicine into
German Journal of
Sportsmedicine**

Exercise is Medicine



- S. 155 | World of Change – Change of World
- S. 157 | European Union's Sport Policy Framework
- S. 162 | Physical Activity in the Hospital Setting
- S. 166 | Promoting Physical Activity
- S. 170 | Promotion of Physical Activity in Youth
- S. 176 | Physical Activity and Primary Health Care
- S. 183 | Physical Activity in Ageing

gelistet in:
Science Citation Index Expanded, Research Alert,
Focus On: Sports Science & Medicine,
Journal Citation Reports (Science Edition),
SciVerse Scopus,
Crossref



Schweizerische Zeitschrift für Sportmedizin und Sporttraumatologie 62 , 42–45, 2014

Physical Activity Promotion in Health Care Settings: the “Exercise is Medicine” Global Health Initiative Perspective

Felipe Lobelo¹, Jürgen M. Steinacker², John Duperly³, Adrian Hutber⁴

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Primary Objectives

European Initiative for Exercise in Medicine

- **Addressed are**
 - primary care physicians
 - health care providers
 - hospitals, physiotherapists, rehabilitation units, sports and exercise facilities
 - medical schools / Universities
- **Aims**
 - include physical exercise in treatment plans
 - include exercise in primary and secondary prevention of diseases
 - include physical exercise in teaching goals and plans for medical students

JM Steinacker

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Public action

European Initiative for Exercise in Medicine

- **Adressed are**
 - Public Media
 - Scientific / medical media
- **Aims**
 - To generate public awareness and support
 - To include physical exercise in the publication strategies

JM Steinacker

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Public Decision Makers

Exercise is Medicine - Europe

- **Addressed are**
 - Europe
 - European Commission
 - Sports / health / Consumer protection
 - European Parliament
- **Aims**
 - To generate awareness of the necessity of physical activity
 - To generate official support
 - To generate financial support
 - To generate research programs
 - To include physical exercise in the decision making process

JM Steinacker

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2013/0291 (NLE) Proposal for a COUNCIL RECOMMENDATION on promoting health-enhancing physical activity across sectors

Thematic areas of the GL	Proposed indicators
International PA recommendations and guidelines (GL 1-2)	1. National recommendation on physical activity for health
	2. Adults reaching the minimum WHO recommendation on physical activity for health
	3. Children and adolescents reaching the minimum WHO recommendation on physical activity for health
Cross-sectoral approach (GL 3-5)	4. National coordination mechanism on HEPA promotion
	5. Funding allocated specifically to HEPA promotion
"Sport" (GL 6-13)	6. National sport for all policy and/or action plan
	7. Sport Clubs for Health Programme
	8. Framework to support opportunities to increase access to recreational or exercise facilities for low socio-economic groups
	9. Target groups addressed by the national HEPA policy
"Health" (GL 14-20)	10. Monitoring and surveillance of physical activity
	11. Counselling on physical activity
	12. Training on physical activity in curriculum for health professionals



EUROPEAN
COMMISSION

Contents and goals in the near future

- **MOU on trademark with ACSM**
 - Nearly finalized
 - Europe is a separate Entity
 - Rights and money remain where they are
- **Capacity building**
 - Recruitment of National Task Forces
 - Recruitment of supporting medical and therapeutic associations
- **Political network:**
 - European Commission
 - EFSMA / FIMS
- **Education and training**
 - Pilot course EIM for medical doctors (Low-Level)
- **European Certification**
 - Certification system for medical doctors

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European Initiative for Exercise in Medicine

Rebranding medical counseling for health

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