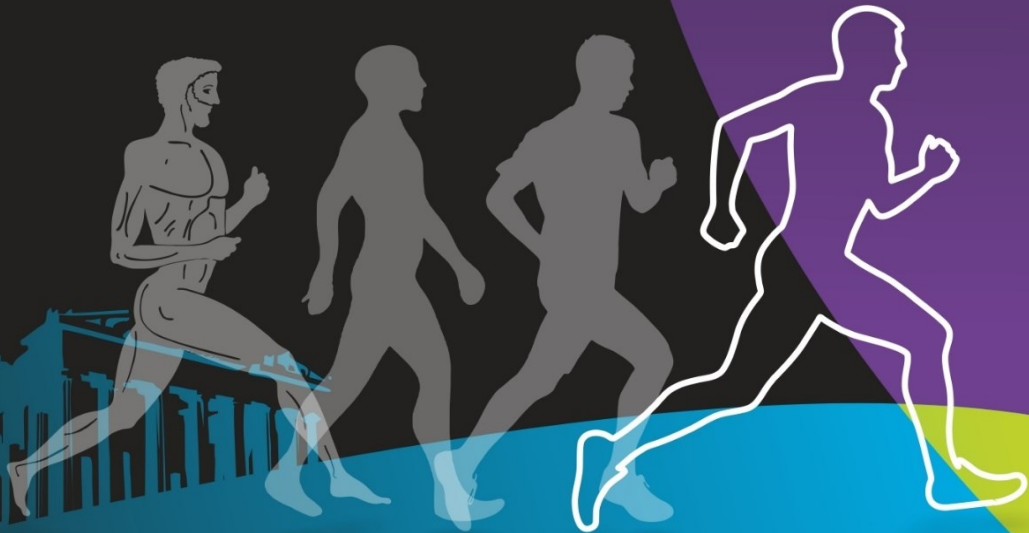




**INTERNATIONAL
CONFERENCE**

EXERCISE IS MEDICINE

Physical activity
for health: Policies
and best practices



2025 **10-12**
OCTOBER

HELLENIC OLYMPIC COMMITTEE
AMPHITHEATRE
ATHENS, GREECE

ACSM
EXERCISE IS
MEDICINE
Greece

The conference is under the Auspices of:

Ministry of Health

Ministry of Education, Religious Affairs & Sports



Hellenic Olympic Committee



Medical School of the National and Kapodistrian University of Athens



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President's Invitation

The National Center “**Exercise is Medicine-Greece**” (**EIM-Greece**), a member of the global initiative **Exercise is Medicine®**, is hosting the International Conference “Exercise is Medicine” in Athens on October 10-12, 2025, which includes the 2025 Exercise Is Medicine Europe Regional Meeting.

Exercise is Medicine® has the mission to promote physical activity as a vital pillar of health and to incorporate it into the national healthcare systems worldwide. In the same spirit, **EIM-Greece** is dedicated to integrating physical activity as an intervention for the prevention and treatment of chronic diseases. **EIM-Greece** actively fosters collaboration between the medical community and certified exercise professionals, aiming to embed exercise into clinical practice for chronic diseases and contributing to the improvement of public health and the reduction of healthcare costs.

The aim of the International Conference “Exercise is Medicine” is to highlight national and international policies and best practices for utilizing physical activity and integrating it into primary and secondary health care systems, as well as in all levels of education. The Conference is under the auspices of the Ministry of Health and the Ministry of Education, Religious Affairs & Sports, as well as the Medical School of the National and Kapodistrian University of Athens and the Faculties of Physical Education and Sport Science across Greece.

Building on the success of the 1st National Conference “Exercise is Medicine” (April 2024), this year’s International Conference will feature invited representatives of European EIM National Centers and leaders from the EIM Global network, prominent institutional representatives from the Greek government, and leading figures from a wide range of exercise and health sciences, education and technology, in the context of fruitful interdisciplinary debates and innovative interactions.

The Conference, held both in person and online, will present established best practices for the promotion of physical activity for health, with five indicative themes: Physical Activity as an Integral Part of Health Care, Technology and Physical Activity Promotion, Translation of the Exercise is Medicine Model for Children and Adolescents, Exercise Is Medicine for Active Ageing and The Role of the Exercise Professionals in Exercise is Medicine. The conference proceedings will be enriched with pre-conference workshops, as well as parallel pre-conference activities/events planned throughout the country.

The International Conference “Exercise is Medicine” aspires to initiate interdisciplinary and social dialogue on the utilization of physical activity for health. Therefore, we invite all health, exercise, education, and technology scientists and professionals, as well as the students at all levels of the respective scientific disciplines, to embrace this collective effort and actively participate in the proceedings of the conference.

Sincerely,

Anastassios Philippou
Professor

Physiology - Exercise Physiology
School of Medicine, National and Kapodistrian University of Athens

President of the Conference

&

President of the National Center
Exercise is Medicine-Greece

“If we could give each person the right dose of nutrition and exercise - not too much less, not too much more - then we would have found the safest way to Health.”

Hippocrates
Greek physician
460 - 370 BC

PROGRAMME

Friday 10 October 2025

11.00 - 17.00

Administrative/Business “Exercise is Medicine” Europe Regional Meeting

Venue: “Kostis Palamas” Building

16.00 - 20.30

Conference workshops:

- Electromyostimulation (EMS) Training
- EVO Human Performance Enhancement
- The AGE Reader: Advancing Prevention and Healthy Aging

Location: School of Medicine, National and Kapodistrian University of Athens

17:00 – 20:00

Optional tours organized for “Exercise is Medicine” National Centers
Leaders & Emerging Leaders

20:30 – 22:00

Dinner for “Exercise is Medicine” National Centers Leaders
& Emerging Leaders

Saturday 11 October 2025**08:00 – 09:00****Registration****09:00 – 09:30****Opening Ceremony**

- Opening Address: Philippou A.
- Introductions from key dignitaries and institutional representatives

Session 1: Physical Activity as an Integral Part of Health Care (09:30 – 12:30)**Moderator:*****Giannaki C.*****09:30 – 10:20****Integrating physical activity into health systems and settings****Keynote speaker:*****Joy L.*****10:20 – 10:40****Integrating physical activity into primary health care workflow*****Marinos G.*****10:40 – 11:00****Clinical decision support system for exercise prescription*****Neunhaeuserer D.*****11:00 – 11:15****BREAK****11:15 – 11:35****Health system perspective on integrating physical activity into primary and secondary prevention of cardiovascular disease*****Toutouzas K.*****11:35 – 11:55****Integrating physical activity into rehabilitation medicine workflow*****Sgantzos M.*****11:55 – 12:30****Interactive Discussion**



12:30 – 13:30

LUNCH BREAK

Session 2: Technology and Physical Activity Promotion (13:30-15:15)

Moderator: *Kolle E.*

13:30 – 14:10

Information technology and physical activity

Keynote speaker: *Bamidis P.*

14:10 – 14:30

The impact of technology on promoting physical activity in health systems

Papaioannou T.

14:30 – 15:15

Artificial intelligence and wearable technologies for physical activity promotion through health and education systems

Combined Speeches & Provocative Discussion

*Nikolaou G.
Pomakidou S.*

15:15 – 15:30

BREAK

Session 3: The role of exercise professionals in Exercise is Medicine (15:30-17:30)**Moderator:** *Koutsilieris M.***15:30 – 15:50****Training exercise professionals to work with patients with chronic health conditions***Serreqi L.***15:50 – 16:10****Exercise professionals: An extended member of the healthcare team***Duregon F.***16:10 – 16:30****Best practices for integrating exercise professionals in cardiac rehabilitation programs***Kouidi E.***16:30 – 16:50****The role of exercise professionals in interdisciplinary clinical practice***Fatouros I.***16:50 – 17:30****Interactive Discussion****17:30 – 19:00****Conference Social & Networking**

- Brief introduction of European “Exercise is Medicine” National Centers
- Cocktail dinner

Sunday 12 October 2025

08:45 – 09:00 **Welcome, Recap of Day 1, and Looking Forward**

Session 4: Translating the EIM model for children and adolescents (09:00 – 11:00)

Moderator: *Koutedakis Y.*

09:00 - 09:30 **Physical inactivity in children and adolescents: National strategies**

Keynote speaker: *Naska A.*

09:30 – 09:50 **Engaging more youth in physical activity: Lessons learned from global experience and the roadmap for action in Greece**

Nassis G.

09:50 – 10:10 **Associations between lifestyle characteristics and physical activity status in Greek children and adolescents**

Tambalis K.

10:10 – 10:30 **Implementing the Physical Activity Vital Sign (PAVS) for pediatric populations**

Joy L.

10:30 – 11:00 **Interactive Discussion**

11:00 – 11:15 **BREAK**

11:15 – 12:00 **“Exercise is Medicine” Europe Emerging Leaders Poster presentation**

Moderator: *Neunhaeuserer D.*

Session 5: Exercise Is Medicine (EIM) for Active Ageing (12:00-14:00)**Moderator:** *Constantini N.***12:00 - 12:45** **Adapting the EIM model for older adults: EIM Active Ageing****Keynote speaker:** *Stoutenberg M.***12:45 – 13:05** **Integrating physical activity into older adults' routine care***Tryfonos A.***13:05 – 13:25** **Enhancing collaboration between healthcare providers and exercise professionals in serving older adults***Sakkas G.***13:25 – 14:00** **Interactive Discussion****14:00 – 14:30** **Closing Ceremony**

- Awards
- Conference Conclusions

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2024 **10-12 OCTOBER**
HELLENIC OLYMPIC COMMITTEE, AMPHITHEATRE
ATHENS, GREECE



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Moderators / Speakers (alphabetical order)

Bamidis Panagiotis, Professor, School of Medicine, Aristotle University of Thessaloniki, Greece

Constantini Naama, Professor, Department of Cardiology, Shaare Zedek Medical Center, Israel

Duregon Federica, EIM Emerging Leader; Exercise Technician, Department of Medicine, University of Padua, Italy

Fatouros Ioannis, Professor, Department of Physical Education and Sport Science, University of Thessaly, Greece

Giannaki Christoforos, Assoc. Professor, School of Life and Health Sciences, University of Nicosia, Cyprus

Joy Elizabeth (Liz), MD, FACSM, Chair, EIM Governance Board, ACSM, USA

Kolle Elin, Professor, Department of Sports Medicine, Norwegian School of Sport Sciences, Norway

Kouidi Evangelia, Professor, Department of Physical Education and Sport Science, Aristotle University of Thessaloniki, Greece

Koutedakis Yiannis, Professor Emeritus, Department of Physical Education and Sport Science, National University of Thessaly, Greece

Koutsilieris Michael, Professor Emeritus, School of Medicine, NKUA, Greece, Honorary President of "Exercise is Medicine – Greece" National Center

Marinos Georgios, Assoc. Professor, School of Medicine, NKUA, Member of the Board of Directors of the Athens Medical Association, Greece

Naska Androniki, Professor, Department of Hygiene, Epidemiology and Medical Statistics, School of Medicine, NKUA, Greece, Chair of the National Nutrition Committee of the Hellenic Ministry of Health

Nassis Georgios, Dean, College of Sport Science, University of Kalba, UAE

Neunhaeuserer Daniel, Assoc. Professor, Department of Medicine, University of Padova, Italy

Nikolaou Grigoris, Lecturer, Department of Industrial Design and Production Engineering, University of West Attica, Greece

Papaioannou Theodoros, Professor, School of Medicine, NKUA, Greece, Chairman of the Research and Technology Committee of the Central Board of Health of Greece, F. Chairman of the Negotiating Committee for Compensation Price and Health Services, Medical Devices and Materials at EOPYY

Philippou Anastassios, Professor, School of Medicine, NKUA, Greece, President of "Exercise is Medicine – Greece" National Center

Pomakidou Sofia, Ph.D, Founder & CEO of EVO Human Performance, Greece

Sakkas Georgios, Assoc. Professor, Department of Physical Education and Sport Science, National University of Thessaly, Greece

Serreqi Lucio, EIM Albania Coordinator

Spantzios Markos, Professor, School of Medicine, University of Thessaly, Greece

Stoutenberg Mark, Professor, Wolfson Research Institute for Health and Wellbeing, Durham University, UK, EIM Program Officer, ACSM, USA

Tambalis Konstantinos, Assoc. Professor, Department of Physical Education and Sport Science, NKUA, Greece

Toutouzas Konstantinos, Professor, Ippokrateio General Hospital of Athens, NKUA, President of the Hellenic Society of Cardiology, Chairperson-elect of the ESC Council for Cardiology Practice, Greece

Tryfonos Andrea, Assistant Professor, Anatomy/Physiology, Department of Life Sciences, School of Sciences, Nicosia, Cyprus

General Information

› Conference venue

Amphitheatre of Hellenic Olympic Committee 52 Dimitrios Vikelas Avenue, Athens, Greece

› Conference Date

10-12 October 2025

› Conference Language

The official conference language is English

› Technical Equipment

The conference room will be equipped with PowerPoint slides projectors

› Commercial Exhibition

A commercial exhibition will be open during the conference on the 2nd floor and in the lobby of the conference venue

› Awards

The Most Inspiring Speech and Outstanding Contribution to the Mission of Exercise is Medicine – [Greece](#) will be awarded

› Registration – Attendance

Either in person or online



Workshops

♦ Electromyostimulation (EMS) Training - A muscle strengthening method for health and wellness

Electromyostimulation (EMS) training is an exercise method that activates muscles through electrical stimulation, combined with their simultaneous voluntary activation in simple and targeted movements performed with body weight. It is performed using medically certified equipment and under the guidance of a specially trained professional. The use of whole-body EMS ensures effective and targeted muscle activation, making it a powerful tool for the prevention and treatment of muscle atrophy. By activating all major muscle groups, it helps to combat muscle loss and maintain muscle strength and function in various clinical situations, e.g., sarcopenia in the elderly. Moreover, the miha bodytec Whole Body EMS Training method has been shown to be effective in preventing and treating non-specific lower back pain. With personalized guidance, it strengthens all the major muscle groups of the torso, requires minimal time, and reduces the perceived exertion and fatigue.

Date: Friday 10 October 2025

Time: 16:00

Duration: 1h & 30 min

Location: School of Medicine, National and Kapodistrian University of Athens

♦ EVO Human Performance Enhancement

A technological solution for biomechanical motion analysis in sports and exercise. It redefines human performance enhancement through innovative applications in Biomechanics, Artificial Intelligence (AI), and Computer Engineering. By combining body-based measurements, processing the data, and transforming it into insights and recommendations, it provides a holistic view of athletic performance. The goals are training optimization, injury prevention, and the maximization of athletic potential. The objective of this workshop is to introduce a groundbreaking, personalized approach to athlete performance analysis, permanently moving beyond generic, non-individualized models. By leveraging advanced biomechanical models and continuous assessment of muscle function, this internationally patented software delivers a unified, globally understandable “language” for interpreting training loads and defining performance optimization strategies.

Date: Friday 10 October 2025

Time: 17:30

Duration: 1h & 30 min

Location: School of Medicine, National and Kapodistrian University of Athens

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♦ The AGE Reader: Advancing Prevention and Healthy Aging

The Advanced Glycation End products (AGEs) Reader is a non-invasive monitoring device that uses ultraviolet light to excite autofluorescence in human skin tissue. The measurement of AGEs provides an immediate cardiovascular risk prediction in 12 seconds. AGEs represent critical biomarkers associated with the processes of biological aging, longevity, and the development of chronic diseases, including diabetes and cardiovascular conditions. By providing immediate and reliable insights into metabolic and vascular health, the AGE Reader enhances the capacity of healthcare and exercise professionals to conduct better risk assessments and design personalized, evidence-based interventions.

Date: Friday 10 October 2025

Time: 19:00

Duration: 1h & 30 min

Location: School of Medicine, National and Kapodistrian University of Athens

EXERCISE IS MEDICINE

Physical activity for health: Policies and best practices

2023 10-12 OCTOBER

HELLENIC OLYMPIC COMMITTEE, AMPHITHEATRE
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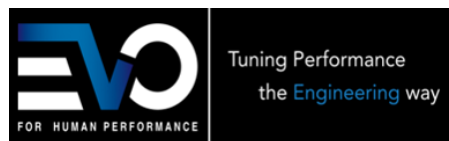
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Notes



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