



## **Program Satellite Symposium**

### **“Exercise Is Medicine (EIM)”** **Symposium organized by EXERNET**

Cádiz, August 29<sup>th</sup>, 2022

Exercise is Medicine® (EIM), is a global health initiative launched in 2007 by the American College of Sports Medicine (ACSM) that encourages health care providers to include physical activity when designing treatment plans and to refer patients to evidence-based exercise programs and qualified exercise professionals. Currently, it is active in 43 countries with representation in all continents, with an increased presence in Europe. This initiative is trying to promote widespread implementation of physical activity in healthcare settings by a multidisciplinary network of health care providers. EIM is committed to the belief that physical activity is integral in the prevention and treatments of diseases and should be regularly assessed and “treated” as part of all healthcare. In 2015, an independent EIM Center as a non-profit non-governmental organization for Europe was founded, named ‘European Initiative for Exercise in Medicine’ (EIEIM), based in Ulm (Germany) and with collaborations with EIM in the United States.

The present one-day satellite symposium proposal will be held in Cadiz (Spain). Cádiz is a city with maritime port on the southwestern coast of Spain and 120 kilometers apart from Seville (approx. 1 hour by train). This historical city is the oldest in Western Europe with a relevant influence on the national and international history, but also has some of the more beautiful beaches in Europe being a referent location for tourism. In this context, the University of Cadiz has a degree in Physical Activity and Sport Sciences plus a master’s degree in physical Activity and Health with high international repercussion. The researchers in sport sciences and health from the different research groups at University of Cádiz have been working on how physical activity and exercise can benefit different health conditions and populations. The local MOVE-IT and GALENO research groups from University of Cádiz are glad to host this satellite symposium.



## Program

10:00 - 10:15. Opening Ceremony (Excm. D. **María Jesús Mosquera Díaz**, Vice-Rector for Science and Technology Policy, University of Cadiz-UCA, Spain)

10:15 – 10:45. Kick off Speech

Chairman: Prof. JA Casajus, MD, PhD (University of Zaragoza, Spain)

Title: “Exercise Is Medicine EUROPE” by Professor Prof. **Jürgen Steinacker**, MD, PhD (University of Ulm, Germany).

10:45-11:45. Keynote speaker

Chairman: Ignacio Ara, PhD, FECSS (University of Castilla-La Mancha, Spain)

Title: “**Fitness as a brain health marker**” by Kirk I. Erickson, PhD (University of Pittsburgh).

11:45-13:00h Round table: Three National Centers of EIM Europe talks about their initiatives

### Abstract:

The purpose of the EIM National Centers is for physical activity to be considered by all healthcare providers as a vital sign in every patient visit. Patients will effectively be counseled and referred according to their physical activity and health needs, thus leading to an overall improvement in public health and long-term reduction in health care costs. In each country the way to reach this objective is different, so speakers in this round table will share the experience and the process to develop the EIM initiative in their country.

Chairman: Prof. Marcela Gonzalez-Gross, PharmD, PhD (Universidad Politécnica de Madrid, Spain).

Title: “EIM-Italy” by **Dr. Daniel Neunhäuserer, MD, PhD** (University of Padova, Italy)

Title: “EIM-Spain” by **Professor Casajus JA, MD, PhD** (Universidad de Zaragoza, Spain)

Title: “EIM-Netherlands” by **Professor Willem van Mechelen, MD, PhD, FACSM, FECSS**, (UMC Amsterdam, Netherlands)



13:00-14:00h. Lunch Time

14:00- 19:30h Workshops 1 & 2

14:00- 16:30h Workshop 1: *Evaluation of health-related physical fitness*

Abstract:

Without doubt, one contribution of sport sciences to public health has been the identification of physical fitness as a powerful health marker. Several sets of batteries have been proposed for the measurement of the different physical capacities. In Europe, the Eurofit battery was proposed in the late 1980s for children and in 1993 for adults, which has been an important step towards standardization and comparability. Since then, several European research groups have been improving and adapting the tests considering age, sex or disability. Researchers from these leading groups will participate in Workshop 1. A theoretical introduction will give an overview of the importance of measuring fitness across the lifespan and why it should be included in the anamnesis in primary care, one of the aims of Exercise is Medicine.

During the practical part, the most updated and validated tests for each age group will be introduced and attendees will learn to perform them. Additionally, adaptation to the setting will be considered. Mostly in research there is more time for performing the tests than in primary care, nursing homes, hospitals or schools. At the end, a consensus statement will be discussed, in order to contribute to the efficient introduction of the evaluation of physical fitness in health care.

14:00-14:15h Introductory Speaker: Prof. **Marcela Gonzalez-Gross**, PharmD, PhD (Universidad Politécnica de Madrid, Spain).

14:15-14:35h Preschoolers-PREFIT. Speaker: **Francisco B. Ortega**, PhD (University of Granada, Spain)

Practical Workshop: Cristina Cadenas, PhD

14:35-14:55h Children and Adolescents-HELENA-ALPHA. **Jonatan Ruiz**, PhD (University of Granada)

Practical Workshop: Alejandro Perez, PhD



14:55-15:15h Adults. **Jose Castro-Piñero**, PhD (University of Cadiz, Spain)  
Practical Workshop: Magdalena Cuenca-Garcia, PhD

15:15-15:35h: Elderly-EXERNET. **German Vicente-Rodriguez**, PhD (University of Zaragoza)  
Practical Workshop: / Raquel Pedrero-Chamizo, PhD

15:35-16:30h Practical Workshop (all groups together)

16:30-17:00h. Coffee Break

17:00- 19:30h Workshop 2: eHealth & Sport Sciences

#### Abstract

The eHealth and wearables technologies are here to stay as part of both sport and health care systems. Numerous devices, applications, companies have emerged in the last years and professionals from multidisciplinary research areas have begun to work together in order to optimize the obtaining of results and their exploitation. The integration of physical activity data collecting into the medical care prescription and supervised exercise training will be presented as a part of the EIM referral. Thus, this workshop 2 aims at analyzing the current and future potential and possibilities of the integration of these tools in the context of EIM

17:00-17:15h Introductory Speaker: **David Jiménez-Pavón**, PhD (University of Cadiz, Spain).

17:15-17:45h *“PowerFrail App for the assessment of relative muscle power and frailty in older people in the clinical and non-clinical settings”*. **Julian Alcazar, PhD** (University of Castilla-La Mancha, Spain)

17:45-18:15h: *“Towards Intelligent Health and Well-Being Network of Physical Activity Assessment (The INTERLIVE® Network)”*. **Moritz Schumann, PhD** (German sport University, Germany).

18:15-18:45h: *“Wearables Technology Company”*. **Benoît Mariani** (Founder & CEO Gait up SA)

18:45-19:15h *“What is next? The Future of eHealth in Sport Science”*  
Prof. **Yannis Pitsiladis**, MedSci., PhD, FACSM (University of Brighton, United Kingdom)



19:30h. Closing ceremony (*Declaration of Cadiz related to EIM in European healthcare*) and Social Event (Spanish Wine) hosted by UCA.



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