



Title: Declaration of Cádiz. Satellite Symposium Exercise Is Medicine (EIM)*

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Modern society has increased sedentary lifestyle and decreased physical activity and thus, prevalence of non-communicable diseases is increasing.

The scientific evidence is very clear: Physical activity and exercise have shown to be useful in the prevention and treatment of at least 35 diseases.

This means that there is a gap between the scientific evidence and current lifestyle, which impairs people's life expectancy and quality of life with an increase in societal and healthcare costs.

The Health Care System is the cornerstone for the promotion of physical activity and exercise prescription and should take a leading role in this change, together with other stakeholders out of the health care system. There is a need to define properly the role of each exercise-related professional in the model.

From Exercise is Medicine Spain we have observed that all these professionals do not get enough knowledge during their academic education. Thus, we propose to increase the contents of physical activity and exercise prescription related to health in the degrees of Medicine and Nursing, as well as contents related to exercise program in patients in the Sport Science Degrees.



An active, sustainable and continuum model is needed which facilitates movement in active cities but also in hospital care in a Global alliance for promotion of Exercise is Medicine.

For proper prescription, physical activity and fitness should always be measured in clinical settings with evidence-based methodology. Furthermore, physical activity promotion and exercise prescription is the proper terminology that should be used.

E-health and wearable technologies should contribute to assure accurate data collection in medical care prescription and supervised exercise health training.

Evident progress has been made in the last two decades, as shown by many different initiatives of Exercise is Medicine at the national level in different European countries; however, more advance is needed in order to counteract current and future challenges.

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