

EUROPEAN INITIATIVE FOR
EXERCISE IN MEDICINE

REBRANDING MEDICAL
COUNSELING FOR HEALTH



Foundation of the „European Initiative for Exercise in Medicine (EIEIM)“

The “European Initiative for Exercise in Medicine” has been formed as non-profit organization of European task forces and supporting members. In an initial meeting of 18 nations in Cascais, Portugal in 2011 a founding board was determined and eight members signed the founding statutes on June 27th 2013 in Barcelona. European countries involved with EIEIM include Austria, Czech, Germany, Hungary, Norway, Portugal, Slovakia, Spain, Sweden, Switzerland, and the United Kingdom. EIMIM is acknowledged by ECSS and HEPA. Within Europe, researchers and physicians have longstanding achievements in preventive measures and Sports Medicine. Europe has also 28 nations within the European Union and in total 36 nations which have developed, but also very different health care systems from public health care to private based health insurances. Sports are often organized as club sports in Europe, professional sports providers have grown but have different national importance. EIEIM respects the national autonomy but provides a continental framework for supporting its members, EIEIM is also addressing European Commission with their Sports Unit in the Health / Consumer Protection Division and the European Parliament.

EIMIM has organized two European EIM congresses 2012 in Berlin and 2013 in Frankfurt in conjunction and with generous support of the German Association for Sports Medicine and Prevention. The 3rd Congress will take place in Budapest, Hungary.

Apply now to become a member of EIEIM!!!

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:

1. National Initiative Member (NIM)
2. Board Member (BM)
3. Supporting European Association Member (SEAM)
4. Supporting Personal Member (SPM)

- In case of any application the board of EIMIM will decide on the application.
- The membership can be revoked by the board when the local conditions and prepositions change, the conditions of agreements and other duties are not fulfilled or dues are not paid.

Rights, Duties and Types of Membership

National Initiative Member (NIM)

- From each European country a national initiative may apply for membership.
- A NIM should contain important national key players within the field of Exercise is Medicine: Sports Medicine Federation, Sport Sciences Association, Physiotherapy Association, Preventive Medical Association, General Practitioners and others.
- A NIM should be determined by a democratic decision within the country.
- The head of a NIM should be someone with a recognized expertise within the field of exercise and health.
- A NIM has to accept and sign the statutes of EIEIM and has to pay the annual fee of EIEIM (currently 15 €/year).
- In order to use the logos a NIM should accept and sign an agreement according to the Memorandum of understanding (MOU) between the European Center (EIEIM) and the “Exercise is Medicine®” global center of the American College of Sports Medicine (ACSM)
- As soon as a NIM was determined by a democratic decision within the country and has fulfilled all membership dues it becomes a regular NIM with voting rights according to the statutes. Until then the NIM remains provisional NIM.
- In case of more than one initiative claiming the national membership, further information has to be obtained and the board of EIMIM decides.

Please find the application form at
www.exerciseismedicine-europe.eu/
for download. Fill it out and send it to the center in Ulm!
We are looking forward to welcome you as member of EIEIM!!!

European Initiative for Exercise in Medicine 3rd Congress

Budapest · Hungary

15th-16th September · 2014

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Your Prescription for Health
**Exercise
is Medicine**
www.ExerciseIsMedicine.org

Testmozgás receptre
**Mozgás=
Egészség**
www.mozgasgyogyaszter.hu



A MILE A DAY KEEPS THE DOCTOR AWAY.

Agenda

15th September 2014, 2 PM – 6 PM

Introduction

Jürgen Steinacker

Chair of European Initiative for Exercise in Medicine (EIEIM), Ulm, Germany

Greetings and Addresses

Scientific Lectures 1: New Results and Ideas of Exercise is Medicine and the European Initiative EIEIM

Mats Börjesson (Stockholm, Sweden)

Health promoting hospitals

Brian Martin (Zurich, Switzerland)

Physical activity promotion in health care and in other settings - experiences from a multicultural society

Coffee Break

Luís Bettencourt Sardinha (Lisbon, Portugal)

Why breaking-up sedentary behavior for Exercise is Medicine?

Martine Duclos (Clermont-Ferrand, France)

Physical activity and type 2 diabetes

Cornelia Rebholz (Zurich, Switzerland)

Importance of physical activity of preschool children

16th September 2014, 8.30 AM – 1.30 PM

Introduction

Jürgen Steinacker

Chair of EIEIM, Ulm, Germany

Joint Meeting EIM Global and EIEIM Europe

Scientific Lectures 2: Best Practice of Exercise is Medicine

Willem van Mechelen (Amsterdam, The Netherlands)

Promoting daily activities in an occupational health care setting

Péter Apor (Budapest, Hungary)

Costs of health and cost-effectiveness in case of lifestyle changes

Miklós Tóth (Budapest, Hungary)

Exercise is Medicine in Hungary

Gertjan van Dijk (Groningen, The Netherlands)

Physical activity and the brain function

Winfried Banzer (Frankfurt, Germany)

Sedentary behaviour and health – a systematic literature review

Ronald Maughan (Liverpool, Great Britain)

Hydration and active lifestyles

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Committee

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Prof. Dr. Willem van Mechelen (Vice-Chair)
Thomas Delaveaux (ECSS)
Prof. Bruno Sesboüé (France)
Prof. Dr. Mats Börjesson (Sweden)
Prof. Dr. Luís Sardinha (Portugal)
Prof. Miklós Tóth (Hungary)
PD Dr. Susi Kriemler (Switzerland)
Prof. Dr. Rüdiger Reer (Finances)

Venue

Hungarian Academy of Science
Széchenyi István sq. 9 · 1051 Budapest
Registration:
www.MSTT.hu

