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**National Center Program Manager**

Sara Ortolan, MD

**Affiliation**

Italian Society of Internal Medicine

**Affiliation**

School of Medicine, University of Padova

**Affiliation**

Sport and Exercise Medicine Division, University of Padova

**Host Institution – Department of Medicine, Acting Division – Sport and Exercise Medicine Division, University of Padova**

The Sport and Exercise Medicine Division of the University of Padova is the office of the Regional Centre with expertise in the therapeutic prescription of exercise in different chronic diseases. After a clinical evaluation, which includes cardiopulmonary exercise testing and strength and balance analysis, the Division provides patients with an adapted and tailored physical exercise prescription. Patients are subsequently referred to the institutional gym to start their activity program. The objective of the Centre is to create a regional clinical and outpatient network for the prescription and application of physical exercise as prevention and treatment modality in different non-communicable diseases.



**NC Advisory Board**

**Affiliation**

Deodato Deodato, MD,	<ul style="list-style-type: none"> <li>• Professor &amp; Head of Sport and Exercise Medicine Division, Department of Clinical and Experimental Science – University of Brescia</li> </ul>
Andrea Ermolao, MD	<ul style="list-style-type: none"> <li>• Professor &amp; Head of the Sport and Exercise Medicine Division, School of Medicine, University Hospital of Padova</li> </ul>
Ezio Ghigo, MD	<ul style="list-style-type: none"> <li>• Professor &amp; Director of the Graduate School of Sport and Exercise Medicine, Medical Science Department, University of Torino</li> </ul>
Stefano Gobbo, PhD	<ul style="list-style-type: none"> <li>• Vice-President, Italian Association of Exercise Specialists (AISE)</li> </ul>
Mario Plebani, MD	<ul style="list-style-type: none"> <li>• Professor, Clinical Biochemistry and Clinical Molecular Biology, Head of the Department of Integrated Diagnostic Services (DIDAS), University Hospital of Padova</li> </ul>
Patrizio Sarto, MD	<ul style="list-style-type: none"> <li>• Head, Sports and Exercise Division, Treviso Hospital</li> <li>• Representative Deputy, Prevention, Food Security, Veterinary – Veneto Region</li> </ul>
Gaetano Vaudo, MD	<ul style="list-style-type: none"> <li>• Professor &amp; Director of the Graduate School of Sport and Exercise Medicine, Medicine Department, University of Perugia</li> </ul>
Roberto Vettor, MD	<ul style="list-style-type: none"> <li>• Professor &amp; Head, Department of Medicine, University Hospital of Padova</li> <li>• Italian Society of Internal Medicine (SIMI)</li> </ul>
Marco Zaccaria, MD	<ul style="list-style-type: none"> <li>• Professor, Regional Center for Exercise Prescription in Chronic Diseases – Veneto Region</li> </ul>

## 2021 Goals

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1. Analyze the current situation of physical activity prescription in primary care
  2. Assess primary care physicians' competency in providing exercise prescriptions
  3. Engage primary care physicians in a training program on exercise prescription
  4. Start an awareness-raising/communication campaign on EIM
  5. Promote a general physical activity campaign to increase the number of active people
  6. Develop a clinical physical activity prescription network in a couple of regions to pilot the concept in Italy
  7. Develop a workshop to educate general practitioners in exercise prescription
  8. Implementing "Palestre della Salute" ("Health Gyms") in pilot regions with the aim of forming a network of facilities throughout Italy
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## Accomplishments to Date

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- Officially established the EIM Italy National Center in October 2019
  - Conducted two trainings for 20 healthcare providers and another two trainings for 25 exercise professionals in 2020 during the coronavirus pandemic
  - Translated and produced six handouts (in three languages) about exercise in different chronic diseases (2020)
  - Performed a cost savings pilot study in the Veneto Region examining the economic impact of exercise in four chronic diseases (2020)
  - Submitted a grant application to ERASMUS+ to develop and evaluate an EIM network in Italy
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