



Dr. Naama Constantini

## National Center Director

Naama Constantini, M.D., DFM,  
FACSM

## Affiliation

Hebrew University – Jerusalem

## Host Institution – Hebrew University

The Hebrew University of Jerusalem, founded in 1918 and opened officially in 1925, is Israel's premier university, as well as its leading research institution. The Hebrew University is ranked among the 100 leading universities in the world and first among Israeli universities. The University stresses offers a wide array of study opportunities in the humanities, social sciences, exact sciences and medicine. The Hebrew University has set its goals in training the public, providing scientific, educational and professional leadership; the preservation of and research into Jewish, cultural, spiritual and intellectual traditions; and the expansion of the boundaries of knowledge for the benefit of all humanity.



## National Center Advisory Board

## Affiliation

Naama Constantini, M.D., DFM, FACSM

- Shaare Zedek Medical Center

Gal Dubnov-Raz, Prof, M.D., MSc

- Director, Sheba Medical Center
- Israel Pediatric Association
- Chairman, Israeli, Olympic Committee Medical Commission
- Secretary, Israeli Society of Sports Medicine

Elliot Rosenberg, M.D., M.P.H., FACPM

- Director, Department of Occupational Health, Israeli Ministry of Health
- School of Public Health, University of Haifa

Yaakov Henkin, M.D.

- Head, Preventive Cardiology Services, Soroka Medical Center
- Representative of the Israeli Heart Association

Michal Azmon, Ph.D., PT

- Physiotherapist, Israeli Physiotherapy Society (IPTS)

Dan Hertzog, Msc. O.T.

- Clalit Health Services

Marina Debora Sigal, M.D.

- Family medicine, Sleep medicine, physiotherapist

Shmuel Giveon, M.D., M.P.H.

- Head, Research Team, Sharon Shomron district, Clalit Health Services

Yair Lahav, R.D., Exercise Physiology

- Dietitian, The Israeli Dietetic Association

## 2020 Goals

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- Enhance collaborations with other EIM National Centers in Europe
  - Continue offering EIM courses to physicians, nurses, physiotherapists, and nutritionists
  - Offer training courses for our medical students at Hebrew University and thereafter extend it to other Medical Schools throughout Israel
  - Develop and offer EIM courses to occupational therapists in the Clalit HMO and to students at Tel-Aviv University. The goal is to build out the current one-day course into a full 40-hour course.
  - Host an EIM conference on the topic of promoting physical activity for the elderly (originally scheduled for spring of 2020)
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## Accomplishments to Date

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- Formation of a National Center with the completion of an MOU with the American College of Sports Medicine (2015)
  - Welcomed leaders from the Ministry of Health and the National Council for Public Health on the EIM Advisory Board (2018)
  - Hosted annual EIM conferences on “Exercise is Medicine for the Brain” (2016), “EIM in Pediatric Populations” (2018), and Exercise is Medicine for Women” (2019) Promoting physical activity as a “quality index” for health systems
  - Promoting physical activity within Clalit Health Services (the largest HMO in Israel) to patients and staff
  - Joined the Jerusalem municipality to run a physical activity program for the elderly. The program is conducted by first year medical students
  - Conducted physical activity programs for cancer patients through a project called “Steps for Quality of Life” in most Israeli hospitals
  - Conducted physical activity training courses that have reached over 300 health professionals, such as nurses and physiotherapists
  - Hosted a 400-hour EIM training for nurses who will become physical activity advisors for their local communities
  - Over 600 public health nurses working in ‘mother and child’ clinics began providing physical activity counseling to their clients
  - Published a position statement of physical activity for children and youth in partnership with several medical associations (2019)
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