



Prof. Dr. Jose Antonio Casajus Mallen

National Center Director

Jose Antonio Casajus Mallen, M.D., Ph.D.

Affiliation

University of Zaragoza

National Center Manager

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Host Institution – Spanish Exernet

EXERNET is a Spanish Research Network on Physical Activity and Health that aims to unite the efforts of different Spanish research groups in physical activity and health, in order to coordinate, harmonize and disseminate research in these specific fields of knowledge. Exernet strives to contribute to the scientific development of our area of expertise, give knowledge and contacts to the most notable researchers in the field, encourage new proposals, enhance relationships in our academic and professional environment, develop new lines of action challenged changes that occur in our social environment, discuss and agree on the implementation strategy of Exercise is Medicine in Spain.



National Center Advisory Board

Affiliation

Jose Antonio Casajús Mallén, M.D., Ph.D.

- President of EXERNET Physical Activity research group, University of Zaragoza

Marcela González-Gross, M.D., Ph.D.

- Research Community, Universidad Politécnica de Madrid

José Luis Terreros Blanco, M.D.

- President, Spanish Agency for Health Care in Sports (AEPSAD)

José Mellado Peña, M.D.

- President of AEP (Spanish Pediatrics Association)

José Luis Llisterri Caro, M.D.

- President, Spanish Association of Primary Care Centers (SEMERGEN)

Francisco J. Tobal, M.D.

- President, Professional Sport Medicine and Physical Education College

2020 Goals

- Grow the EIM on Campus program throughout universities in Spain
 - Develop guidelines of exercise prescription based of scientific knowledge of each kind of diseases associated to inactivity
 - Set up workshops of nutrition and exercise guidelines for healthy lifestyle in children, adults, and special population, for the prevention and treatment of non-communicable diseases associated to sedentary lifestyle (obesity, osteoporosis, diabetes, cardio and cerebrovascular diseases, cancer)
 - Set up training courses of PA guidelines and exercise prescription to health care professionals of national health care system
 - Coordinate and work with all of groups of our National Center Advisory Board and to create new relationships
 - Cooperate with primary care centers and health institution centers to assess physical fitness and exercise prescription
 - Apply for European ERASMUS+ 2020 project
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Accomplishments to Date

- Kicked off EIM Spain with a large media conference in Zaragoza in November of 2014
 - Designed the of EIM Spain website
 - Established EIM On Campus programs on the Campus University of Zaragoza and received gold recognition (2018)
 - EIM On Campus gold level recognition Zaragoza University and Universidad Politécnica de Madrid
 - Over 2018-19, conducted 8 training courses that engaged 120 health care providers
 - Designed training courses on PA guidelines and exercise prescription to health care professionals of Madrid health care system
 - EIM Spain Manager, Sergio Calonge Pascual, completed his PhD thesis "Context analysis in the development for future implementation of Exercise is Medicine® initiative as prevention and treatment resource for chronic diseases at Primary Health Care settings" (November 2019)
 - Provided an oral communication of EIM Spain in the biannual Spanish 2016 and 2018 EXERNET meeting
 - Applied for European ERASMUS funding with other countries in the European EIM network
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**Exercise
is Medicine®
Spain**