



NAME: KALOGERAKOU THEODORA

- **Bachelor's degree in Physical Education and Sports Science from the Aristotle University of Thessaloniki (AUTH), specializing in Therapeutic Exercise and Metabolic Bone Diseases, with honors.**
- **Master's degree in Human Performance and Health from AUTH, specializing in Chronic Heart Failure and the Autonomic Nervous System.**
- **Ph.D. in the Department of Sociology at the Panteion University of Social and Political Sciences, specializing in Public Health Systems.**
- **Postgraduate training at the Karolinska Institutet in Stockholm, Sweden, in programs related to Therapeutic Exercise and Nutritional Assessment for chronic diseases, chronic kidney failure, and geriatric patients.**
- **Former Visiting Researcher in programs applying the Mediterranean Diet to employees' daily life, in order to improve their health and well being and she focused on issues of health in the workplace, at Harvard TH Chan School of Public Health, Boston.**
- **Postgraduate training in Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves, sponsored by the Harvard TH Chan School of Public Health at the Culinary Institute of America, Napa Valley, California.**
- **Brand Ambassador Mediterranean Diet Roundtable, Boston** (*The Mediterranean Diet Roundtable is a community of leading Professionals in the Food Industry. The MDR organizes thought-leadership programs with scientists, food industry professionals, nutrition and wellness experts, and opinion leaders from across the U.S. and Mediterranean countries, discussing dietary trends in America*)

Theodora Kalogerakou is a graduate of the Department of Physical Education and Sports Science at the Aristotle University of Thessaloniki, which she entered in the top quarter of her class (20/7/1998). She acquired her degree with a specialization in "Therapeutic Exercise - Special Physical Education" (20/7/1998). During the "Therapeutic Exercise" specialization, she received training in developing and implementing psychomotor education, posture correction, physical therapy, and kinesiotherapy programs to improve and rehabilitate motor disabilities. She also gained expertise in systematic exercise for the prevention and therapeutic management of systemic organic diseases. Her thesis was titled "The Role of Exercise in the Prevention and Treatment of Osteoporosis."

In 2001, she obtained a postgraduate degree in "Human Performance and Health" with a scholarship after completing a two-year M.Sc. program (Aristotle University of Thessaloniki, the Democritus University of Thrace, the School of Physical Education and Sports Science of Serres, and the University of Thessaly). The program focused on "Physical Activity for Special Populations." The modules covered topics such as Sport Psychology, Nutrition for Special Populations, Cardiovascular Diseases and Exercise, Musculoskeletal Disorders and Exercise, Sports Medicine, Exercise during Pregnancy, and Nutrition for School-Aged Children. Her master's thesis was titled "The Effect of the Aerobic Exercise on the Autonomic Nervous System in Patients with Chronic Heart Failure."

In 2022, she was awarded a Ph.D. degree from the Department of Sociology at Panteion University of Social and Political Sciences, School of Social Sciences, Department of Sociology. Her Ph.D. thesis was titled "Public Health Systems and the Principle of Subsidiarity."

Over the period of 2000 to 2001, she received further training during her postgraduate studies at the Karolinska University in Stockholm, Sweden, as a result of her participation in the Socrates exchange program. She specialized in rehabilitation and nutrition assessment for athletes, patients with chronic diseases, and geriatric patients at the Karolinska Sjukhuset hospital in Stockholm and the Lowenstromska Sjukhuset hospital in Upplands Vasby, Sweden. Her research activities, supervised by Associate Professor Naomi Clyne of the Karolinska Institutet's Department of Medicine, focused on "The Effects of Exercise Training on Skeletal Muscle and Nutritional Status in Patients with Chronic Renal Failure and in Elderly Patients."

In September 2014, she presented a scientific poster at a conference in Boston, Massachusetts, organized by the Harvard School of Public Health on Mediterranean Diet and the significance of Greek cuisine. The conference was titled "Mediterranean Diet and Workplace Health 2014." Her work was certified by the Harvard School of Public Health, The Initiative for Productivity and Health Management (IPHM), under the title "Mediterranean Diet and Workplace Health," and was presented as a scientific poster titled "Med Diet; Quality Standards for Eating areas and restaurants."

In February 2015, Theodora Kalogerakou received a certification from the Harvard T.H. Chan School of Public Health, Executive and Continuing Professional Education, for her participation in the educational conference "Healthy Kitchens, Healthy Lives: Caring for Our Patients and Ourselves" held at the Culinary Institute of America at

Greystone in Napa Valley, California. This conference was sponsored by the Harvard T.H. Chan School of Public Health and was aimed to promote a role model-coach approach to a healthy lifestyle.

In June 2015, the "Healthy Plate" was published, as created by specialized nutrition scientists at the Harvard School of Public Health in Boston, Massachusetts, and authors from Harvard Health Publications. This guide has been designed to help create healthy and balanced meals. The translation and publication in Greek, with all legal rights included, were undertaken by the researchers from the Harvard T.H. Chan School of Public Health, Maria Korre and Theodora Kalogerakou.

Over the period of July to September 2015, Theodora Kalogerakou collaborated as a Visiting Researcher at the Harvard T.H. Chan School of Public Health in Boston, Massachusetts, under the supervision of Professor Stefanos Kales. Her specialization included nutrition, workplace health, and the significance of the Mediterranean Diet in the daily lives of workers, focusing on improving their health and quality of life. As a result of that collaboration, a scientific article titled "What is the Mediterranean Diet and how can it be used to promote Workplace Health" was published in the Journal of the American College of Occupational and Environmental Medicine (JOEM).

In January 2022, the "Culinary Medicine Textbook" was released in the United States. This textbook aspires to be a valuable resource for clinical physicians, chefs, and enthusiasts of a healthy lifestyle. Theodora Kalogerakou's main contribution to the book, was the chapter titled "The Kitchens," which relates to healthy cooking.

She has also received training in sports medicine in Greece and abroad, nutrition for athletes (Aristotle University, Department of Physical Education and Sports Science, Exercise Medicine Division), and metabolic bone diseases (Greek Institute for Osteoporosis). She successfully completed the certification examination on metabolic bone diseases after attending a series of courses.

In November 2018, she was recognized as a Brand Ambassador for the Mediterranean Diet by the Mediterranean Diet Roundtable at an event held in Rome, Italy. The Mediterranean Diet Roundtable is based in Boston and serves as an inspirational networking event where scientists and leaders in the food industry discuss dietary trends in the United States.

In June 2018, she participated in the Mediterranean Diet Roundtable at Yale University in New Haven, Connecticut, where she acquired continuing professional development credits and discussed the contagious nature of health through the Mediterranean diet.

Her research focuses on nutritional management and therapeutic exercise - rehabilitation in chronic heart failure, metabolic bone diseases, adipocytes, chronic renal failure, hormone replacement and regenerative medicine protocols, quality of life and a holistic approach to anti-aging.

She has taken part in over 90 presentations at conferences in Greece, Europe and USA. For two consecutive years, in June 2018 and June 2019, she presented the Keynote

Lecture: "The Cultural Structuring of Mealtimes Socialization: From Ancient Greek Cuisine to today's Greek Cuisine", to the students of the department: The University of Maryland, Baltimore, USA - Department of Nutrition and Food Science – Mediterranean Diet and Culture: Health Implications Summer 2018 and Summer 2019.

She has contributed a chapter in one of the books of the Hellenic Gerontological and Geriatric Society (Gerontology and Geriatrics Topics – The current Greek experience at the dawn of the 3rd millennium – CONFERENCES), publications in authoritative medical and health and beauty journals, a chapter in a book on oenology and she is also the editor of nutritional analysis in cookbooks and confectionery. Regarding the latter, she has been awarded the title, "Highest Authorship Distinction" - 'Les Livres du Tourism' - LE MONDE, in November 2003.

In April 2016, she was awarded an honorary commendation for her contribution to the dissemination of the Mediterranean Cuisine and Gastronomic Tourism, by the Piraeus and Islands UNESCO Group. In addition, she was awarded by the Club for UNESCO of Piraeus & Islands, during the annual award of sponsors and important personalities, in the field of Arts and Culture, for her contribution to the Greek Mediterranean diet. She was responsible for the choice and presentation of nutrition topics on a Greek daily cooking show in the national television and from January 2016 until March 2016, she was the editor and presenter of the successful "Nutrition and Health" broadcast on the Greek radio station in Long Island City, New York, Hellas FM, a radio talk with large audience numbers. She has also been a partner at shows of almost all television stations on Nutrition - Exercise - Anti-Aging and Health.