

Matina Koutroumpi is a Clinical Exercise Physiologist (ACSM accredited) with an extensive clinical experience on organising, supervising, and prescribing exercise programmes for patients with chronic diseases. She holds a MSc on Health Sports and Exercise Sciences from the University of Bristol UK and a Ph.D. in Clinical Exercise Physiology from the Medical School of the University of Athens. Her Ph.D. research, conducted under the supervision of Prof. Pavlos Toutouzas, focused on the effect of exercise on left ventricular hypertrophy in collaboration with Prof. Peter Kokkinos, Department of Cardiology Washington DC, USA.

As an accredited lecturer at the University of Greater Manchester and the University of Derby - Athens Campus, Matina has delivered a wide array of modules such as exercise physiology, exercise physiological assessment and the use of new technologies to exercise rehabilitation as a visiting lecturer at the Medical School of the University of Thessaly. In the realm of clinical practice, Matina has organised, managed, supervised, and prescribed exercise programmes for major Hospital of Greece in both private and public sector such as “Hygeia” hospital, “Attikon” and “Evangelismos” hospital. Due to her commitment on improving patients’ quality of life and easy access to individualised exercise she has founded “Balanced” where online clinical exercise services are provided.