

EIM Malaysia



Dr. Sudhananthan
Kanthaswamy

National Center Director
Sudhananthan Kanthaswamy, M.D.

Affiliation
Society of Exercise is Medicine
Malaysia (SEIMM)

National Center Manager
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Affiliation
The National Malaysian
University Medical Center

Host Institution – The Society of Exercise is Medicine Malaysia

The Society of Exercise is Medicine Malaysia is a non-profit organization dedicated to developing exercise and sports medicine in Malaysia. To achieve this goal, the Society is taking responsibility to train and educate health care providers, exercise professionals and the public about the importance of exercise as a preventive medicine.



National Center Advisory Board

Affiliation

Dr. Sudhananthan A/L Kanthaswamy	<ul style="list-style-type: none"> Family Medicine and Exercise Physician
Dr. Ayman Nabel Al-Bedri	<ul style="list-style-type: none"> The National Malaysian University Medical Center Former Malaysian national team doctor
Dr. Pavandeep Singh Dhillon	<ul style="list-style-type: none"> Sport Medicine Practitioner Society of Sports and Exercise Medicine Malaysia
Dr. Sivashanmuganthan A/L Saga Thavan	<ul style="list-style-type: none"> Family Medicine and Exercise Physician Academy of Family Physicians of Malaysia
Miss Yeo Seok Ling	<ul style="list-style-type: none"> Asia Fitness Today co-Founder & President ACE Certified Personal Trainer
Dr. Mohamad Shariff Bin A Hamid	<ul style="list-style-type: none"> Associate Professor, Department of Sport Medicine, University Malaya
Dr. Sazlina Shariff Ghazali	<ul style="list-style-type: none"> Associate Professor, Department of Family Medicine, University Putra Malaysia
Steven Raj J M Sathiaselan	<ul style="list-style-type: none"> Owner, Fizikal Fitness ACE Certified Personal Trainer

2020 Goals

- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and health care systems throughout Malaysia.
 - Increase the number of physicians and health care providers that receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity in health care systems. Three training courses are planned for 2020.
 - Increase the number of health and fitness professionals that received EIM training, are certified by EIM Malaysia, and are actively engaged in providing guidance to individuals based on the core EIM principles.
 - Conduct public forums on the benefits of physical activity for health to better engage the public.
 - Officially partner with at least one national ministry (Health, Education or Youth and Sports) in partnership.
 - Engage with the Ministry of Education to expand the EIM On Campus program across Malaysia, increasing the exposure to university and other educational campuses.
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Accomplishments to Date

- Signed MOU with American College of Sports Medicine in July 2018
- Granted full registration (represented at a national level) by the Registrar of Societies Malaysia (ROS Malaysia) under the act of Malaysian Societies 1966
- Three EIM On Campus programs at the University Teknologi MARA (Perlis Branch) and the Hospital Canselor Tuanku Muhriz
- Conducted four workshops for health care providers (2 in 2018 for 73 HCPs and 2 in 2019 for 43 HCPs)
- Led a public awareness program in HCTM-UKMMC called “Exercise – The Magic Pill” that was attended by over 250 staff (April 2018)
- Held a public forum with the Institute of Physical Educators in Bandar Tun Razak, Kuala Lumpur Malaysia to discuss the importance of exercise for Malaysian students (June 2018)
- Conducted a cycling travel and mounting climbing challenge to increase awareness of EIM in the eastern part of Malaysia
- Increased the number of health care providers enrolling in the Walk-with-a-Doc program
- Meeting with officials from the Malaysian Ministry of Health to develop collaboration
- Founded an international support group to share knowledge across the globe including partners in Denmark, Portugal, Canada and Egypt.
- Founded a “Football for Health” committee under the Society of Exercise is Medicine Malaysia headed by Dr. Ayman Al-Bedri and Dr. Pavandeep Singh Dhillon (both PG Dip in Football Medicine achievers from FIFA). The committee is inspired by Professor Peter Krusturp (Denmark) and Dr. Marcos Agostino (Portugal) with the idea of promoting football as a way of increasing physical activity and reducing sedentary.
- Website: www.eimm.org.my

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is Medicine[®]
Malaysia**