



Meet the EIM Leader



Name:

Dr. Ben (Benedict) Tan
Director, EIM Singapore National Center

Background:

Sports Physician
Olympian (1996 Olympics, Sailing)
Nominated Member of Parliament

What is your current work position and title?

Chief of Sports Medicine, Changi General Hospital

How and when did you get involved with EIM?

I was prompted by colleagues to establish EIM Singapore. As the EIM vision resonated with me, and as I felt that the healthcare sector had to find more effective ways in promoting physical activity, I did not hesitate.

How do you promote EIM through the work that you do?

The four objectives of EIM are clearly articulated. EIM Singapore simply puts those plans into action, incorporating them into Singapore's healthcare framework.

How has EIM influenced the work you do professionally and those you work with (your patients/clients/colleagues)?

As a sports physician, EIM is at the core of my work, from promoting physical activity to using exercise as a treatment modality.

Has EIM impacted you personally? If “yes”, how so?

Yes. EIM has given us a platform, framework, and resources to systematically incorporate exercise as an integral part of the disease management paradigm.

What are some of the challenges that you have faced in introducing and/or implementing EIM where you work?

As in many parts of the world, healthcare supply lags behind demand, and in such a state where doctors and other healthcare professionals are struggling to cope, it is difficult to introduce changes in mindsets.

What are some of the successes that have you seen implementing EIM into your work?

EIM has gained a lot of traction in Singapore since it was established in 2011. Our exercise prescription courses are oversubscribed, there is greater awareness of EIM among the public and institutions, we have no lack of agencies approaching EIM Singapore to collaborate on new initiatives; public institutions are beginning to adopt EIM practices.

What advice do you have for early career professionals wanting to promote and develop careers related to EIM?

Approach your EIM National Centre and offer your services as a volunteer.

