

EIM Emerging Leader



Name: Cindy Lin, MD

Background:

BA in Human Biology (Stanford University)

MD (Harvard Medical School)

Residency in Physical Medicine & Rehabilitation (Stanford University Hospital)

Fellowship in Sports Medicine (Rehabilitation Institute of Chicago,
Northwestern University Medical Center)

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What is your current work position and title?

I am a board certified practicing physician in Physical Medicine & Rehabilitation (PM&R) and Sports Medicine. I am currently a Clinical Assistant Professor, Sports & Spine Division, Department of Rehabilitation Medicine at the University of Washington in Seattle, Washington.

How and when was your interest in EIM initially sparked?

As a PM&R and sports medicine physician, my clinical practice involves helping people with injuries, disabilities, or chronic medical conditions to stay physically active. I was fortunate to learn about EIM when I joined Changi Sports Medicine Center (CSMC) in Singapore back in 2012. CSMC is the host institution for EIM Singapore (EIMS), as well as the EIM Southeast Asia Regional Center.

How has EIM impacted you personally and/or professionally to date? What type of EIM related activities have you been involved with to this point in your career?

From 2013-2015, I was the EIMS Director of Public Outreach. In this role, I collaborated with community and government organizations in Singapore to advance EIM related programs. I also helped develop educational materials about exercise prescription for persons with disabilities, mentored EIM interns, and spoke at medical conferences in Singapore, the U.S., and Indonesia about exercise is medicine in clinical practice.

How do you plan on promoting and advancing EIM as an Emerging Leader in the future?

I hope to help advance efforts in integrating the EIM Solution into healthcare systems. With the increasing global burden of chronic medical conditions, it is imperative that we continue to work with health care systems to educate and incentivize providers to take exercise as a vital sign and prescribe exercise. Certainly there are many barriers including time, motivation, knowledge, cultural factors, resources, and resistance to change. However, I believe that by working with EIM, I can hopefully do my small part in addressing one of the biggest public health challenges of our time—physical inactivity.

