



Dr. Sivashanmuganathan
A/L Saga Thavan

National Center Director

Sivashanmuganathan A/L Saga
Thavan, M.D.

Affiliation

Society of Exercise is Medicine
Malaysia

National Center Manager

Ayman Nabel Al-Bedri, M.D.

Affiliation

The National University of
Malaysian 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 healthcare providers, exercise professionals and the public about the importance of exercise as a preventive medicine.



National Center Advisory Board

Affiliation

Dr. Sivashanmuganathan A/L Saga Thavan

- Family Medicine and Exercise Physician
- Academy of Family Physicians of Malaysia

Dr. Ayman Nabel Al-Bedri

- Family and Sports Medicine Practitioner
- The National University of Malaysian Medical Center

Dr. Pavandeep Singh Dhillon

- Sport Medicine Practitioner
- Society of Sports and Exercise Medicine Malaysia

Dr. Sudhananthan Kanthaswamy

- Family Medicine and Exercise Physician
- Academy of Family Physicians of Malaysia

Miss Yeo Seok Ling

- co-Founder & President, Asia Fitness Today
- ACE Certified Personal Trainer

Dr. Mohamad Shariff Bin A Hamid

- Associate Professor, Unit of Sport Medicine, University Malaya

Dr. Sazlina Shariff Ghazali

- Associate Professor, Department of Family Medicine, University Putra Malaysia

Steven Raj J M Sathiaseelan

- Owner, Fizikal Fitness
- ACE Certified Personal Trainer

Lester Francis

- Country Manager, Technogym Malaysia

Sivakumar Pertheban

- Cyberlynx International University (management, chief executive)

Joshua Edgar A/L Mariyee Joseph

- Sports Coliseum
- Brand and Partnership Director

2022 Goals

- Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Malaysia
 - Increase the number of physicians and healthcare providers that receive EIM training and are actively engaged in the assessment, prescription and counseling of physical activity
 - Increase the number of health and fitness professionals that receive EIM training, are certified by EIM Malaysia, and are actively engaged in providing guidance to individuals in Malaysia
 - Increase the brand awareness of EIM Malaysia
 - Officially partner with the national ministries of Health, Education, or Youth and Sports to advocate for national policy changes
 - Engage with the Ministry of Education to expand the EIM On Campus program across Malaysia, increasing its exposure to a greater number of universities and educational campuses, and adding at least three more EIM On Campus programs in 2021 (for seven in total)
 - In partnership with the Ministry of Health Malaysia, contribute to the development of the Physical Activity Guidelines for Malaysia
 - Develop a website locator so that the public can more easily find certified healthcare providers and exercise professionals throughout Malaysia
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Accomplishments to Date

- Officially re-established the EIM Malaysia National Center in July 2018 and granted full registration (represented at a national level) by the Registrar of Societies Malaysia (ROS Malaysia)
- Established EIM Malaysia website (2018)
- Completed an MOU to partner with the Academy of Family Physician of Malaysia and Cypertlynx International University (2021)
- Signed an MOU with Technogym Malaysia (2020)
- Working to develop a collaboration with officials from the Malaysian Ministry of Health (2021)
- Four EIM On Campus programs (University Teknologi MARA-Perlis Branch, Hospital Canselor Tuanku Muhriz, Management and Science University) – all earned gold recognition (2020)
- Developing a series of video to teach proper home exercise (2020)
- Invited to serve on the advisory board developing the Malaysian Physical Activity Guidelines (2020)
- Conduct multiple workshops for healthcare providers (2 in 2018 for 73 HCPs; 2 in 2019 for 43 HCPs, 2 in 2021 for 15 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 (2018)
- Increased the number of healthcare providers enrolling in the Walk-with-a-Doc program (2018)
- Website: www.eimm.org.my

**Exercise
is Medicine[®]
Malaysia**