



Dr. Benedict Tan

Regional & National Center Director
Benedict Tan, MBBS, MSpMed, FACSM

National Center Manager
Ms. Loo Chuan Ing

Affiliation

Chief & Senior Consultant,
Sport & Exercise Medicine,
Changi General Hospital

Affiliation

Assistant Director, Changi
General Hospital

Host Institution – Changi General Hospital

Changi General Hospital is an award-winning hospital with over 1000 beds caring for a community of 1.4 million people in eastern Singapore that offers a comprehensive range of medical specialties, helmed by an experienced and skilled team of healthcare professionals. Situated within Changi General Hospital, the Changi Sports Medicine Centre is the largest multidisciplinary sports medicine Centre in Singapore. Equipped with the latest technologies and an in-house gym, they cater to recreational and competitive athletes from a wide range of sports, such as golf, soccer, running, tennis, bowling, swimming, sailing, wakeboarding, scuba diving, performing arts, disabled sports, etc. The Sports Medicine Centre also provide exercise testing and customised exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia, diabetes, and obesity.



National Center Advisory Board

Affiliation

Benedict Tan, MD	<ul style="list-style-type: none"> Head & Senior Consultant, Sport & Exercise Medicine, Changi General Hospital
Fadzil Hamzah, MD	<ul style="list-style-type: none"> Senior Staff Registrar, Sport & Exercise Medicine, Changi General Hospital
Shayne Hu	<ul style="list-style-type: none"> Senior Exercise Physiologist, Performance Sports & Rehabilitation Specialist Singapore
Mandy Zhang Jia Jia, MD	<ul style="list-style-type: none"> Associate Consultant, Sport & Exercise Medicine, Changi General Hospital
Dinesh Sirisena	<ul style="list-style-type: none"> Consultant, Sports Medicine Centre, Khoo Teck Puat Hospital
Ng Wei Joo	<ul style="list-style-type: none"> Communications Consultant, BridgeWords Consulting Pte Ltd
Michelle Lauw	<ul style="list-style-type: none"> Senior Clinical Psychologist, Changi General Hospital
Assist. Prof Tan Tze Lee	<ul style="list-style-type: none"> President, College of Family Physicians Singapore

Assist Prof Tong Khim Leng, MD	<ul style="list-style-type: none"> • Head & Senior Consultant, Department of Cardiology, Changi General Hospital
Ivy Lim, MD	<ul style="list-style-type: none"> • Consultant, Sport & Exercise Medicine, Changi General Hospital
Michael Lim	<ul style="list-style-type: none"> • Head & Senior Clinical Exercise Physiologist, Sports Medicine Programme, KK Women and Children Hospital
Elaine Lim Hsuen, MD	<ul style="list-style-type: none"> • Senior Consultant, Division of Medical Oncology, National Cancer Centre Singapore
Lee Eer Ling	<ul style="list-style-type: none"> • Deputy Director, Physical Activity & Weight Management Division, Health Promotion Board
Tan Ying Xin	<ul style="list-style-type: none"> • Dietitian, Dietetic Consultation, Changi General Hospital
Joan Khoo Joo Ching, MD	<ul style="list-style-type: none"> • Head & Senior Consultant, Department of Endocrinology, Changi General Hospital
Vincent Phang	<ul style="list-style-type: none"> • DELTA Consultancy Pte Ltd
Hamid Rahmatullah Bin Abd Razak, MD	<ul style="list-style-type: none"> • Associate Consultant, Orthopaedics, SengKang General Hospital
Tay San San, MD	<ul style="list-style-type: none"> • Senior Consultant, Rehabilitation Medicine, Changi General Hospital
Ng Chung Sien, MD	<ul style="list-style-type: none"> • Senior Staff Registrar, Sport & Exercise Medicine, Changi General Hospital
Teresa Shiu	<ul style="list-style-type: none"> • Senior Lecturer, School of Sports, Health & Leisure, Republic Polytechnic University
Victor Tan, MD	<ul style="list-style-type: none"> • Registrar, Sport & Exercise Medicine, Changi General Hospital
Lim Ang Tee, MD	<ul style="list-style-type: none"> • Consultant, Sport & Exercise Medicine, Changi General Hospital
Joshua Li Zhongyi, MD	<ul style="list-style-type: none"> • Registrar, Sport & Exercise Medicine, Changi General Hospital
A/Prof Peter Ting	<ul style="list-style-type: none"> • Senior Cardiologist, The Harley Street Heart and Cancer Centre
A/Prof Noel Stanley Tay Wey Tut	<ul style="list-style-type: none"> • Director & Senior Consultant, Respiratory Medicine, Ng Teng Fong General Hospital
Cindy Ng Li Whye, MD	<ul style="list-style-type: none"> • Principal Physiotherapist, Department of Physiotherapy, Singapore General Hospital
Melissa Ho Xin Yi	<ul style="list-style-type: none"> • Manager, Physical Activity & Weight Management Division, Health Promotion Board
Huang Zhongwei, MD	<ul style="list-style-type: none"> • Clinician-scientist, Obstetrician & Gynaecology, National University Health System

2021 Goals

- Expand number of teaching faculty certified to lead the exercise prescription course
 - Increase the number of people trained in exercise prescription
 - Work with local university to offer EIM courses to adult learners
 - Roll out the Physical Activity Vital Sign to all departments of Changi Hospital and expand it to other hospitals in the health cluster
 - Incorporate Exercise Prescription into the curriculum of undergraduate and post graduate medical schools, as well as polytechnic undergraduate course
 - Complete a “How to Start EIM On Campus Kit” to expand the program to academic institutions throughout Singapore
 - Increase the knowledge and awareness of EIM to the general public via additional community talks, activities, and engagements
 - Expand number of research projects with other entities
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Accomplishments to Date

- Officially established EIM Singapore National Center in January 2015
- Developed a website for EIM Singapore trained physician and exercise professionals to facilitate the provision of referrals to each other (2018-20)
- Trained 908 healthcare providers through the end of 2019 at in-person workshops across all of Singapore
- Trained and certified 544 exercise professionals through the end of 2019 at in-person workshops across all of Singapore
- Conducted an EIM courses for on behalf of the Singapore Nutritionist and Dietitians Association
- Trained international EIM contingents from Japan, Sri Lanka, and Taiwan
- Organized EIM health care provider and exercise professional training courses in Southeast Asia (Malaysia, Indonesia, Philippines, Taiwan and Thailand) and the Middle East (Qatar)
- Participated in the 2nd Medical Fair Asia Medicine + Sports Conference. Three EIMS Directors, Drs Lim (Public Outreach Director), Dr Chung Sien (Course Director), Lim (Research Director), presented on “Tailored Exercise Programs for Patients and Athletes” (2018)
- Participated in the creation and launch of Singapore’s guidelines on physical activity during pregnancy with KK Women’s and Children Hospital (2020)
- Participated in the creation and launch of Singapore’s integrated 24-hr activity guidelines (2021)
- Assisted in expanding the War on Diabetes program to all regions of Singapore
- Set-up the first EIM™ compliant fitness corner at Simei Park connector (March 2014)
- Eastern Health Alliance, South East Community Development Council, and EIMS jointly developed and launched the Health Peers Programme (Jan 2017) to encourage residents to lead healthier lives by creating awareness on diabetes prevention and management
- Signed a Memorandum of Understanding (July 2017) with Sport Singapore and SingHealth to develop a structured fitness pathway between healthcare providers and SportSG’s first Active Health Lab at Our Tampines Hub
- Rolled out phase 1 of “Physical Activities as a Vital Sign” in Changi General Hospital. Roll out included brief training for six other clinical & non-clinical departments to promote physical activity directly to patients (2017-18)
- Changi General Hospital embarked on the phase 2 (2019) of integrating the physical activity vital sign to all departments of the hospital. Five departments have integrated the questionnaire into their patient notes, with doctors briefed on how to use the tool.

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- Continued work to establish a referral network between patients and exercise professionals. Providers refer patients to EIMS website to find a suitable EIM-trained exercise professional. Likewise, exercise professionals refer their clients to the website to look for an EIM trained doctor if they deemed their clients require exercise prescription from a qualified doctor.
 - Published more than a dozen newspaper, magazine and online platforms with a combined readership of >8 million individuals
 - Recent Speaking Engagement:
 - Dr Fadzil Hamzah – virtual presentation “Integrating health and fitness in healthcare following COVID-19 pandemic” (ExPro Virtual Conference - May 2020)
 - Dr Fadzil Hamzah – virtual presentation “Beyond healthcare to health” (ExPro Virtual Conference – May 2020)
 - Dr Ng Chung Sien – “The Impact of Exercise and Movement Therapy on Wellness and Health” at the N20 Conference in Osaka (June 2019)
 - Dr Fadzil Hamzah – lead instructor at EIM Hong Kong training “Fitness Instructor Training Programme for Patients with Chronic Diseases” (June 2019)
 - Dr Ivy Lim - symposium on “Building Towards Sustainable Physical Activity Behavior”
 - Dr Benedict Tan spoke on EIM at the 1st International Course on Physical Activity and Public Health (organized by Singapore Health Promotion Board and Republic Polytechnic)
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