



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.



### Advisory Board

### Affiliation

Benedict Tan, M.D.	• Head & Senior Consultant, SingHealth Duke-NUS Sport and Exercise Medicine Centre
Fadzil Hamzah, M.D.	• Senior Staff Registrar, Sport & Exercise Medicine, Changi General Hospital
Shayne Hu	• Senior Exercise Physiologist, Performance Sports & Rehabilitation Specialist Singapore
Ng Wei Joo	• Communications Consultant, BridgeWords Consulting Pte Ltd
Michelle Lauw	• Senior Clinical Psychologist, Changi General Hospital
Tong Khim Leng, M.D.	• Head & Senior Consultant, Department of Cardiology, Changi General Hospital
Joan Khoo Joo Ching, M.D.	• Head & Senior Consultant, Department of Endocrinology, Changi General Hospital
Tan Tze Lee, M.D.	• President, College of Family Physicians Singapore

Ivy Lim, M.D.	<ul style="list-style-type: none"> <li>• Head &amp; Senior Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Michael Lim	<ul style="list-style-type: none"> <li>• Pediatric Rehabilitation</li> </ul>
Elaine Lim Hsuen, M.D.	<ul style="list-style-type: none"> <li>• Senior Consultant, Division of Medical Oncology, National Cancer Centre Singapore</li> </ul>
Lee Eer Ling	<ul style="list-style-type: none"> <li>• Deputy Director, Physical Activity &amp; Weight Management Division, Health Promotion Board</li> </ul>
Vincent Phang	<ul style="list-style-type: none"> <li>• Managing Director, DELTA Consultancy Pte Ltd</li> </ul>
Hamid Rahmatullah Bin Abd Razak, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Orthopaedics, SengKang General Hospital</li> </ul>
Tay San San, M.D.	<ul style="list-style-type: none"> <li>• Senior Consultant, Rehabilitation Medicine, Changi General Hospital</li> </ul>
Ng Chung Sien, M.D.	<ul style="list-style-type: none"> <li>• Principal Staff Registrar, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Teresa Shiu	<ul style="list-style-type: none"> <li>• Senior Lecturer, School of Sports, Health &amp; Leisure, Republic Polytechnic University</li> </ul>
Dinesh Sirisena, M.D.	<ul style="list-style-type: none"> <li>• Consultant, Sports Medicine Centre, Khoo Teck Puat Hospital</li> </ul>
Victor Tan, M.D.	<ul style="list-style-type: none"> <li>• Associate Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Noel Stanley Tay Wey Tut, M.D.	<ul style="list-style-type: none"> <li>• Director &amp; Senior Consultant, Respiratory Medicine, Ng Teng Fong General Hospital</li> </ul>
Peter Ting, M.D.	<ul style="list-style-type: none"> <li>• Senior Cardiologist, The Harley Street Heart and Cancer Centre</li> </ul>
Lim Ang Tee, M.D.	<ul style="list-style-type: none"> <li>• Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Cindy Ng Li Whye, M.D.	<ul style="list-style-type: none"> <li>• Principal Physiotherapist, Department of Physiotherapy, Singapore General Hospital</li> </ul>
Chiang Hock Woon, M.D.	<ul style="list-style-type: none"> <li>• Deputy Chief Executive, Sport Singapore</li> </ul>
Tan Ying Xin	<ul style="list-style-type: none"> <li>• Dietitian, Dietetic Consultation, Changi General Hospital</li> </ul>
Mandy Zhang Jia Jia, M.D.	<ul style="list-style-type: none"> <li>• Consultant, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>
Huang Zhongwei, M.D.	<ul style="list-style-type: none"> <li>• Clinician-scientist, Obstetrician &amp; Gynaecology, National University Health System</li> </ul>
Joshua Li Zhongyi, M.D.	<ul style="list-style-type: none"> <li>• Registrar, Sport &amp; Exercise Medicine, Changi General Hospital</li> </ul>

## 2022 Goals

- Integrate the PA Vital Sign to other institutions within SingHealth
- Expand number of teaching faculty certified to lead the exercise prescription course
- Offer courses in the 2<sup>nd</sup> healthcare cluster (National Healthcare Group)
- Increasing EIMS brand awareness to the general public via additional community talks, activities, and engagements
- Strengthen the framework and connections between community partners and healthcare providers
- Incorporate Exercise Prescription into the curriculum of undergraduate and post graduate medical schools, as well as polytechnic undergraduate course
- Expand number of research projects with other entities

## Accomplishments to Date

- Officially established EIM Singapore National Center (Jan 2015)
- Developed EIM Singapore website to facilitate the provision of referrals to between providers and patients (2018-20)
- Trained >1000 healthcare providers through the end of 2021 via in-person and virtual workshops
  - Expanded master trainers to a 2<sup>nd</sup> healthcare cluster (National Healthcare Group) to begin offering courses in that sector in 2022
- Trained >600 exercise professionals through the end of 2021 via in-person and virtual workshops
  - Conducted EIM courses for Singapore Nutritionist and Dietitians Association
  - Collaborated with National Trade Union Congress to provide subsidies to our courses (normal course and recertifications courses) to AHP and fitness trainers (2021)
  - Trained international EIM contingents from Japan, Sri Lanka, and Taiwan
  - Organized EIM healthcare provider and exercise professional training courses in SE Asia (Malaysia, Indonesia, Philippines, Taiwan, and Thailand) and the Middle East (Qatar)
- Rolled out phase 1 of “Physical Activity as a Vital Sign” in Changi General Hospital, which included brief training for six clinical & non-clinical departments to promote PA to patients (2017-18)
  - Embarked (2019) and completed (2021) phase 2 of integrating the PA Vital Sign into all departments at Changi Hospital with doctors briefed on how to use the tool
  - Establishing a referral network where providers refer patients to the 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 clients require exercise prescription from a qualified doctor (2020-present)
- Participated in creating and launching Singapore’s integrated 24-hr activity guidelines (2021)
- Two EIM on Campus programs
  - Completed a “How to start an EIM OC Kit” to expand to other institutions (2021)
- Participated in the creation and launch of Singapore’s guidelines on physical activity during pregnancy with KK Women’s and Children Hospital (2020)
- Eastern Health Alliance, Southeast 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 an MOU (July 2017) with Sport Singapore and SingHealth to develop a structured fitness pathway between providers and SportSG’s first Active Health Lab at Our Tampines Hub
  - EIMS logo is on entrances to Active Health Labs and their marketing materials (2021)
- Set-up the first EIM compliant fitness corner at Simei Park connector (March 2014)
- Published more than a dozen newspaper, magazine, and online platforms with a combined readership of >8 million individuals
- Recent Speaking Engagement:
  - Dr Ben Tan – EIM talk to Malaysian Association of Sports Medicine (2021)
  - Dr Fadzil Hamzah – EIM talk to SPIRIT International Conference (2021)
  - Dr Fadzil Hamzah – EIM talk to 800+ people at Singapore General Hospital (2021)
  - Dr Fadzil Hamzah – “Integrating health and fitness in healthcare following COVID-19 pandemic” (ExPro Virtual Conference - May 2020)
  - Dr Fadzil Hamzah – “Beyond healthcare to health” (ExPro Virtual Conference – May 2020)
  - Dr Ng Chung Sien – “The Impact of Exercise and Movement Therapy on Wellness and Health” (N20 Conference in Osaka - June 2019)
  - Dr Fadzil Hamzah – “Fitness Instructor Training Programme for Patients with Chronic Diseases” (EIM Hong Kong conference - June 2019)

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- Dr Ivy Lim - symposium on “Building Towards Sustainable Physical Activity Behavior”
  - “Tailored Exercise Programs for Patients and Athletes” at the 2<sup>nd</sup> Medical Fair Asia Medicine + Sports Conference presenting on (2018)
  - Dr Benedict Tan - 1<sup>st</sup> International Course on Physical Activity and Public Health (Singapore Health Promotion Board and Republic Polytechnic - 2017)
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