



Dr. Benedict Tan

National Center Director

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National Center Manager

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Affiliation

Chief & Senior Consultant, Sport &
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Affiliation

Assistant Director, Changi General
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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 customized exercise prescription for those with medical conditions, such as coronary artery disease, hypertension, dyslipidemia, diabetes, and obesity.



NC Advisory Board

Affiliation

Benedict Tan, M.D.	• Head & Senior Consultant, SingHealth Duke-NUS Sport and Exercise Medicine Centre
Loo Kai Guo Benny, M.D.	• Senior Consultant, Sport & Exercise Medicine, KK Women's and Children's Hospital
Charlotte Tan Wen Er	• Dietitian, Changi General Hospital
Fadzil Hamzah, M.D.	• Senior Staff Physician, Sport & Exercise Medicine, Changi General Hospital • Deputy Director, Health Promotion and Disease Prevention, SingHealth Office of Regional Health
Elaine Lim Hsuen, M.D.	• Senior Consultant, Medical Oncology, National Cancer Centre Singapore • President, Singapore Society of Oncology
Shayne Hu	• Chief Exercise Physiologist, Integrated Health Partner Pte Ltd
Ng Wei Joo	• Founder & Director, BridgeWords Consulting Pte Ltd
Joan Khoo, M.D.	• Senior Consultant, Endocrinology, Changi General Hospital
Tong Khim Leng, M.D.	• Senior Consultant, Cardiology, Changi General Hospital
Tan Tze Lee, M.D.	• President, College of Family Physicians Singapore

Advisory Board	Affiliation
Joshua Li, M.D.	• Consultant, Sport and Exercise Medicine, Changi General Hospital
Ivy Lim, M.D.	• Sr Consultant, Sport & Exercise Medicine, Changi General Hospital
Michael Lim	• Assistant Director, Health and Wellness, ReMark Group • Council Member, Sports Medicine Association Singapore
Elaine Lim Hsuen, M.D.	• Sr Consultant, Medical Oncology, National Cancer Centre Singapore • President, Singapore Society of Oncology
Vincent Phang	• Managing Director, DELTA Consultancy Pte Ltd
Hamid Rahmatullah Bin Abd Razak, M.D.	• Consultant, Total Orthopaedic Care & Surgery
Ng Chung Sien, M.D.	• Sr Staff Physician, Sport & Exercise Medicine, Changi General Hospital
Teresa Shiu	• Sr Lecturer, School of Sports, Health & Leisure, Republic Polytechnic University
Aaron Sim	• Deputy Director, Physical Activity & Weight Management Division, Health Promotion Board
Victor Tan, M.D.	• Consultant, Sport & Exercise Medicine, Changi General Hospital
Peter Ting, M.D.	• Sr Cardiologist, Cardiology, Prime Heart Center
Cindy Ng Li Whye, M.D.	• Sr Principal Physiotherapist, Singapore General Hospital
Chiang Hock Woon, M.D.	• Activehealth Architect, Sport Singapore
Mandy Zhang Jia Jia, M.D.	• Consultant, Sport & Exercise Medicine, Changi General Hospital
Toh Boon Yi	• Deputy Chief Executive Officer, Sport Singapore
Li Yiding, M.D.	• Consultant, Rehabilitative Medicine, Changi General Hospital
Huang Zhongwei, M.D.	• Consultant, Obstetrics & Gynaecology, National University Hospital

2025 Goals

- Grow EIM presence in younger populations through EIM On Campus and involve students in helping raise awareness at EIM Singapore booths
- Incorporate the Exercise Prescription course into the Republic Poly and ITE West curriculums
- Provide training for doctors and allied health professionals working in prisons, enabling them to prescribe exercise to prisoners
- Collaborate with the Singapore National Stroke Association to develop relevant courses that support stroke prevention and rehabilitation
- Continue work with community partners (e.g. Sport Singapore and Singapore Cancer Society) on the Healthier SG Initiative and refresh our marketing materials to better engage the public
- Launch and evaluate a project with SportSG focusing on an improved referral pathway for patients
- Collaborate with SingHealth's HealthUp team to support their staff wellness programs, particularly in integrating physical activity as part of the initiative
- Develop the first capacity building program for exercise EIM leaders in Asia to support the development of future leaders in the field with a launch in 2026

Accomplishments to Date

- Officially established EIM Singapore National Center (Jan 2015)
 - Expanding EIM into health systems by focusing on a referral pathway to SportSG (Singapore) community programmes according to patient health conditions (2024).
 - Trained >1200 healthcare providers via in-person and virtual workshops (through the end of 2024)
 - Expanded master trainers to a 2nd healthcare cluster (National Healthcare Group) to begin offering courses in 2022
 - Trained >800 exercise professionals via in-person and virtual workshops (through end of 2024)
 - Collaborated with National Trade Union Congress to provide subsidies to our courses (normal course and recertifications courses) to AHP and fitness trainers (2021)
 - Conducted EIM courses for Singapore Nutritionist and Dietitians Association
 - Organized EIM healthcare provider and exercise professional training courses in SE Asia (Malaysia, Indonesia, Philippines, Taiwan, and Thailand) and the Middle East (Qatar)
 - Began a 1-day training course (10 hours) for family medicine residents (2022)
 - Integrating EIM into educational programs, such as those in collaboration with ITE West, to train all future healthcare professionals on the importance of physical activity (2024)
 - Offering workshops to healthcare professionals within Health Promotion Board (HPB) to build capacity in prescribing physical activity (2024)
 - Working with the Eastern Community Health Outreach (ECHO) program to offer EIM-related talks for local communities, with the aim of further spreading awareness and fostering the integration of physical activity into healthcare practices across different sectors (2024)
 - Collaborating with SingHealth on 'Health Up' initiative to improve the health and wellness of healthcare staff by integrating physical activity into their routines (2024)
 - Rolled out the Physical Activity Vital Sign (PAVS) in Changi General Hospital, which included brief training for six clinical & non-clinical departments to promote PA to patients (2017-18)
 - Establishing a referral network where providers refer patients to the EIMS website to find a suitable EIM-trained exercise professional or vice versa if clients require clearance/exercise prescription from a qualified doctor (2020-present)
 - Embarked (2019) and completed (2021) phase 2 of integrating the PAVS into all departments at Changi Hospital, briefing doctors on how to use the tool
 - Established three EIM on Campus programs (as of 2024) and developed an "EIM OC Kit" to expand to other institutions (2021)
 - Participated in creating and launching Singapore's integrated 24-hr activity guidelines (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 launched Health Peers Programme (Jan 2017) to encourage residents to lead healthier lives (2017)
 - 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 (2021)
 - Set-up the first EIM compliant fitness corner at Simei Park connector (March 2014)
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Accomplishments to Date (cont)

- Published in numerous newspaper, magazine, and online platforms with a combined readership of >8 million individuals. Multiple media exposures in 2022 include: four episodes of an ActiveHealth docuseries, interviews on national radio station in Chinese and national TV station in Malay, newspaper articles in English (n=3), Chinese (n=1), and Malay (n=1)
 - Speaking Engagements:
 - Dr Ben Tan – EIM talk to Malaysian Association of Sports Medicine (2021)
 - Dr Fadzil Hamzah – SPIRIT International Conference (2021), 800+ people at Singapore General Hospital (2021), *Integrating health and fitness in healthcare following COVID-19 pandemic* (ExPro Virtual Conference - May 2020), *Beyond healthcare to health* (ExPro Virtual Conference – May 2020), *Fitness Instructor Training Programme for Patients with Chronic Diseases* (EIM Hong Kong conference - June 2019)
 - Dr Ng Chung Sien – “The Impact of Exercise and Movement Therapy on Wellness and Health” (N20 Conference in Osaka - June 2019)
 - Dr Ivy Lim - symposium on “Building Towards Sustainable Physical Activity Behavior”
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