# Symposium

## Building Towards Sustainable Physical Activity Behavior

### Status, Programs and Approaches

08:00 – 15:00, August 2, 2019  
Block MD11, Clinical Research Centre (CRC) Auditorium, National University of Singapore

## PROGRAM

<table>
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<th>Time</th>
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<td>08:00 – 09:15</td>
<td>Registration, Networking &amp; Morning Refreshments</td>
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| 09:15 – 09:35 | Introduction and Welcome  
Mr. Geoffrey Smith, President, ILSI SEA Region, Singapore  
Dr. Jason Lee, Research Associate Professor, NUS Yong Loo Lin School of Medicine, Singapore |
| 09:35 – 10:10 | Singapore’s Approach to Physical Activity for a Healthier Generation: Status, Guidelines and Programs  
Ms. Alice Ong, Health Promotion Board, Singapore |
| 10:10 – 10:45 | Empowering Health through Sport and Physical Activity: Active Health Lab as a Key Enabler  
Dr. Hock Woon Chiang, Sport Singapore |
| 10:45 – 11:20 | Exercise is Medicine: Prescription for Non-Communicable Diseases  
Dr. Ivy Lim, Singapore Sports Medicine Centre |
| 11:20 – 11:55 | Dietary Protein in Support of Adaptation to Exercise: Finding the Signal in the Noise  
Dr. Stuart Phillips, McMaster University, Canada |
| 11:55 – 13:00 | Lunch and Networking |
| 13:00 – 13:35 | e- & mHealth for Tracking and Changing Physical Activity  
Dr. Andre Matthias Müller, National University of Singapore |
| 13:35 – 14:10 | Improving Physical Activity in a Tropical Climate: Challenges & Strategies to Combat the Heat  
Dr. Jason Lee, NUS Yong Loo Lin School of Medicine, Singapore |
| 14:10 – 14:50 | Panel Discussion: Navigating Roadblocks and Building a Path Towards Sustainable Physical Activity Behavior Across the Age Continuum |
| 14:50 – 15:00 | Closing Remarks & End of Symposium |

## Co-Chairpersons:

- Mr. Geoffrey Smith, President, ILSI SEA Region, Singapore  
- Prof. Michael Chia, Professor, National Institute of Education (NIE), Singapore

## Chairperson:

- Prof. Michael Chia, Professor, NIE, Singapore

## Organizer:

- ILSI Southeast Asia Region

## Collaborator:

- NUS Yong Loo Lin School of Medicine