

# OPTIMIZING HEALTH, WELLNESS AND HUMAN POTENTIAL



November 25 & 26, 2021 | 9am GMT+8  
Block MD11, CRC Auditorium, National University of Singapore

## DAY 1: THURSDAY, NOVEMBER 25, 2021

08:15 – 09:00 **Registration (Physical Event)**  
**(GMT+8)** **Join Webinar via Eventbrite Link (Virtual Event)**

09:00 – 09:20 **Introduction and Welcome**  
*ILSI SEA Region & Department of Physiology, Yong Loo Lin School of Medicine, National University of Singapore, Singapore*

### Opening Session

09:20 – 09:45 **A New Paradigm in Preventive Health and Well Being**  
*Dr. Hock Woon Chiang, Sport Singapore, Singapore*

09:45 – 10:10 **Promoting Physical Activity for Health and Well Being - Lessons Learnt and Roadmap**  
*Assoc. Prof. Melody Ding, University of Sydney, Australia*

### Session 1: Optimizing Health, Wellness and Human Potential in Children

10:10 – 10:35 **Setting the Foundation for a Healthy Life Trajectory**  
*Asst Prof. Mary Chong, Saw Swee Hock School of Public Health, National University of Singapore, Singapore*

10:35 – 11:00 **Managing Screen Time, Sleep and Being Active**  
*Prof. Michael Chia, National Institute of Education, National Technological University, Singapore*

11:00 – 11:05 **Exercise Session**

11:05 – 11:15 **Break**

### Session 2: Optimizing Health, Wellness and Human Potential in Adults

11:15 – 11:40 **Exercise and Metabolic Health**  
*Prof. Mark Hargreaves, University of Melbourne, Australia*

11:40 – 12:05 **Exercise and Heat Stress: Optimizing Health and Potential**  
*Assoc. Prof. Jason Lee, Yong Loo Lin School of Medicine, National University of Singapore, Singapore*

12:05 – 12:30 **Physical Activity and Sedentary Behavior in an Asian Urban Environment**  
*Assoc. Prof. Falk Muller Riemenschneider, Saw Swee Hock School of Public Health, National University of Singapore, Singapore*

12:30 **End of Day 1**

\*Presentation time includes 5 minutes of Q&A

## DAY 2: FRIDAY, NOVEMBER 26, 2021

08:15 – 09:00 **Registration (Physical Event)**  
(GMT+8) **Join Webinar via Eventbrite Link (Virtual Event)**

### Opening Session

09:00 – 09:25 **Curated Artificial Intelligence (AI) for Personalized Health and Wellness**  
*Prof. Dean Ho, N.1 Institute for Health, National University of Singapore, Singapore*

### Session 3: Optimizing Health, Wellness and Human Potential for Healthy Ageing

09:25 – 09:50 **Ageing and Longevity**  
TBC

09:50 – 10:15 **Frailty, Sarcopenia and Exercise**  
*Assoc. Prof. Reshma Merchant, National University Hospital, Singapore*

10:15 – 10:40 **Optimizing Nutrition for Improved Immunity**  
*Prof. Philip Newsholme, Curtin University, Australia*

10:40 – 10:45 **Exercise Session**

10:45 – 10:55 **Break**

### Session 4: Holistic Health & Well Being Across the Life Course

10:55 – 11:20 **Sleep, Performance and Well Being**  
*Dr. Virginia Delos Reyes, Lung Center of the Philippines, Philippines*

11:20 – 11:45 **Managing Mental Wellness in a Challenging Environment**  
*Assoc. Prof. Mythily Subramaniam, Institute of Mental Health, Singapore*

11:45 – 12:10 **Community Engagement & Healthy Living**  
*Mr. Bryan Quek, Regional Health & Community Outreach, Health Promotion Board, Singapore*

12:10 – 12:45 **Panel Discussion**

12:45 **Closing Remarks**

\*Presentation time includes 5 minutes of Q&A

### Organizers



Department of Physiology  
Yong Loo Lin School of Medicine