

Exercise and Nutrition Referral Scheme

Registration Form

I. Personal Information

Title: Prof. / Dr. / Mr. / Mrs. / Miss / Ms.

Surname: Given Name:

Chinese Name: Sex: Male / Female

Date of Birth:
(MM/YYYY)

Category: Student / Staff / Alumni / Others Student/ Staff/ Membership Card No.: (If any)

Day Time Contact No.: E-mail Address:

Emergency Contact:
(Name) Contact No.)

II. Registration Type

- HK \$4,000 (discounted fee for HKU/ HKUSPACE staff, alumni and student)
 HK \$4,800 (regular price for other participant)

III. Liability Waiver

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong and HKU SPACE.

Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong and HKU SPACE, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Signature: Date:

Active Health Clinic,
Institute of Human Performance, HKU
1/F, Henry Fok Health & Fitness Complex
Stanley Ho Sports Centre,
10 Sha Wan Drive, Sandy Bay, HK

Phone: 2872-1202

Email: activihp@hku.hk



HKU SPACE Dietetic Clinic for Teaching and Research
Room 317,
3/F Admiralty Centre,
Admiralty, HK

Phone: 3761-1008

Email: dietclin@hkuspace.hku.hk

Exercise and Nutrition Referral Scheme

This Exercise and Nutrition Referral Scheme is jointly organized and supported by HKU SPACE and the Institute of Human Performance (HKU).



Exercise and Nutrition referral scheme



Introduction

The Exercise Nutrition Referral Scheme, jointly organized by the Institute of Human Performance, HKU and HKU SPACE Dietetic Clinic for Teaching and Research, offers a new programme for those who are inactive or who have medical conditions that could benefit from prescribed exercise and nutrition advice. The scheme offers participants the opportunity to receive personalized counseling, assessment, exercise prescription, and dietary advice.

Who will join?

The Scheme is designed for those:

- ☑ who want to manage their weight.
- ☑ who are not used to physical activity and may be at increased risk of developing inactivity-related chronic diseases.
- ☑ who want to receive specialized, evidence-based guidelines for weight reduction and those who want to cutback on risk-factors.



What will be included?

- ☑ Close supervision by a team of highly qualified Dietitian & Exercise Professionals, who will work closely with each client (at 2 specialized centers).
- ☑ Risk factors assessment.
- ☑ Seven (7) nutrition counseling sessions over the course of the programme.
- ☑ Seven (7) one-to-one personal training sessions with our qualified exercise specialists (ACSM certified), who will provide a variety of enjoyable exercise possibilities at the Active Health Clinic.
- ☑ Periodic monitoring and reassessment.



Program Duration: 12 weeks

How to join?

Please contact the

Active Health Clinic, IHP at Sandy Bay

email: activihp@hku.hk;

telephone: 2872-1202

OR

HKU SPACE Dietetic Clinic at Admiralty

email: dietclin@hkuspace.hku.hk;

telephone: 3761-1008

Course Fee

HK \$4,000 (discounted fee for staff, alumni and student of HKU & HKU SPACE)

HK \$4,800 (regular price for other participants)