



Active 2016

Year of the Monkey!



A PERFECT TIME TO KICK START AN ACTIVE YEAR



The start of Chinese Lunar New Year is as good a time as any to get active.

Exercise and activity are now widely recognized as very beneficial to health.

Aside from helping to reduce waistlines and improve fitness, exercise has also proven to be effective in strengthening your immune system. What a marvelous combination of benefits for you.

The key to success with exercise, however, is moderation and consistency. The difficult thing is getting started; but no need to worry, our team is ready and able to assist you. The Year of the Monkey is a sign for all of us to get moving and kick start our Active 2016!

We welcome you to join our various IHP programs and activities and hope you find our newsletter useful.

Dr. Michael Tse
Active Health Clinic
Institute of Human Performance



Exercise is Medicine™ on Campus Asia's first recognized campus!

In 2015 the University of Hong Kong was recognized as the first campus in Asia to be awarded the Exercise is Medicine on Campus (EIMOC) Silver status through the American College of Sports Medicine (ACSM) in the USA.

The mission of EIMOC is to foster collaborative multidisciplinary relationships and leadership on campus between exercise, health, and other disciplines that support the vision of a healthier campus.

The UHS and CEDARS have joined forces with us to strengthen our collaborative effort and we will continue to seek like-minded partners as we develop this campaign. To help us understand how to make a healthier campus life for you, please fill out the EIM Fitness survey on the right.

Fancy a FREE personal training session or a FREE health & fitness assessment?

AHC is giving away **FREE** personal training, health & fitness assessment and IHP Active workshops vouchers (total value \$5,000). All participants completing the [EIM survey](#) below and providing us with a valid email will be automatically entered into the draw.

EIM Survey – Wellness & Fitness Survey



As part of our EIM initiative we are inviting you to please fill out our simple survey, so that we can provide better services to meet the needs of HKU staff and students.

[Click HERE](#) to participate

EIM Seminar Series – How to use your Heart Rate for Aerobic Training



There is a positive continuum of health benefits with increasing exercise intensity. What is the minimum intensity required to achieve health benefits or improved aerobic performance? This seminar aims to provide the answers.

[Click HERE](#) to register

CENTRE OPENING HOURS	Monday–Friday	Saturday–Sunday
Stanley Ho Fitness Centre	07:00 – 21:00	07:00 – 19:00
IHP Active Fitness Centre	07:30 – 19:00	Closed
Flora Ho Fitness Centre	07:30 – 22:30	07:30 – 22:30

Special Arrangements

7th – 10th Feb – Lunar New Year: Please refer to [website](#) for notice



High Intensity Interval Training (HIIT)



The HIIT seminar held on 25th Jan at IHP Active was a great success. Please [Click HERE](#) for more info.

Welcome to the Active Health Clinic newsletter, which aims to provide a platform for physical activity related issues, news, updates and information.

Congratulations to HKU Marathon team!



Congratulations on the successful performance of the HKU Marathon Team at the Standard Chartered Marathon 2016 on Jan 17.

[\(Click HERE\)](#)

To support our athletes, the Active Health Clinic (AHC) in cooperation with DAAO, has been offering a Marathon Preparation Clinic annually to the HKU Marathon Team to ensure proper preparation

for safe and successful performances. This year, over 40 staff, students and HKU alumni gathered together on Dec 5 at Stanley Ho Sports Centre to take part in the clinic. AHC has reminded athletes to take special note of TWO aspects during the final preparation phase which may significantly affect final performance.

Please [Click HERE](#) for full article.

Exercise of the Month

Squat

Muscles trained:

Quadriceps, Hamstrings, Glutes



Stand with feet approximately shoulder width apart. Squat down by leading with hips until thigh parallel to floor. Keep eyes and chest up and allow lower back to remain flat. Use arms or for counter balance.

Barbell Back Squat



To progress, increase intensity by placing barbell evenly above posterior deltoid at the base of the neck (C7 – T1).

Let's start TODAY!

Did you know that 10 minutes of exercise can help you lose weight?

Full article [Click HERE](#)

Why warm-up?

Correct warmups can prevent injuries and greatly enhance performance.

Full article [Click HERE](#)

Don't Skip Breakfast!

Breakfast not only provides vital energy for the day, but also makes you smarter!

Full article [Click HERE](#)

Sports center members are entitled to:

10% off all [Active Health Clinic services, including blood lipid & glucose testing and risk factor assessment.](#)

POLAR
 LISTEN TO YOUR BODY

Heart rate monitoring allows more accurate determination of intensity level during exercise.

Special discount to members on all Polar heart rate monitors.

Q & A – Got questions? Want to receive our newsletter? Email us activihp@hku.hk

Q: How many sets and reps of back squat should I do to improve my leg strength?

A: To improve strength, **higher intensity** is required. Squat from **3 – 6RM of 3 – 6 Sets** is recommended. Make sure to periodize your program to maximize training result, and improve your strength base with good technique before engaging in heavy lifting.