



Exercise is Medicine[®] on campus

A world-leading practice to integrate physical activity into prevention and treatments of diseases

Exercise is Medicine[®] (EIM) is a global health initiative managed by the American College of Sports Medicine (ACSM). It focuses on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients.

EIM is committed to the belief that physical activity is integral in the prevention and treatments of diseases and should be regularly assessed and "treated" as part of all medical care. To foster greater community involvement, The Institute of Human Performance in conjunction with the University Health Service is pleased to promote Exercise is Medicine on Campus (EIM-OC). It aims to recruit and utilize resources within HKU and encourage faculty, staff and students to work together toward improving the health and well-being of the campus community.



First recognized campus in Asia

In 2015, HKU was recognized as the first campus in Asia to be awarded the EIM-OC Silver status through ACSM.

[Click HERE](#) to learn more.



Current events – **FREE for ALL!**

Health Talk Series



[Click HERE](#) for info

The EIM Health Talk series focuses on sharing of knowledge in areas surrounding Health, Well-being, Exercise and Active Lifestyle. New topics will be organized regularly.

EIM Survey – Wellness & Fitness

Complete the survey and win **FREE** personal training, health & fitness assessment and IHP Active workshops vouchers (total value \$5,000).

Please [Click HERE](#)

OR



EIM Seminar Series



EIM Seminar Series introduces monthly seminar and practical workshops to improve health and fitness.

[Click HERE](#) for info



Join us and get Active!

(For HKU Student & Staff*)



Active KickFit [\(link\)](#) combines kick-boxing and fitness; participants will be challenged to improve their strength, aerobic fitness, flexibility, co-ordination and balance.

Time: 19:00 – 20:00 (**Thursdays**)

Venue: IHP Active, Jockey Club Tower 3/F, Centennial Campus



Female Fit Circuit [\(link\)](#) is a female friendly circuit, with exercises focusing on key areas women find important, and to help build their confidence in resistance training.

Time: 19:00 – 20:00 (**Tuesdays**)

Venue: IHP Active, Jockey Club Tower 3/F, Centennial Campus

(*IHP sports membership applies)

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

2nd May – Day following the Labour Day, **14th May** – Buddha birthday
Please refer to ihp.hku.hk for notice

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

Sitting may endanger your health

Try walking to improve health and quality of life!

A recent review suggests that sitting may be as harmful to your health as smoking¹. Perhaps staff and students at the University may spend a lot of time sitting. However, getting healthier and more active while on campus isn't as difficult as one may think. Any increases in activity will benefit your health and they need not be strenuous. Physical activity of 30 minutes per day, or equivalent to 150 kcal, is already associated with health gains.

For those who don't have the time to participate in sports or visit a fitness center, brisk walking might be an ideal exercise. It effectively reduces the risk of coronary heart disease, stroke, diabetes, osteoporosis and obesity. To encourage staff and students, a weekly Active Campus Walk is introduced through EIM-OC:



Active Campus Walk

Join the guided Weekly Walk along the Active Campus Walking Trail and explore Centennial Campus along historical buildings, restaurants and gardens.

During the walk, Exercise Specialists will answer health and fitness related questions and provide tips to improve healthy lifestyle with exercises conducted along the way. The walk will be concluded with a stretching session.

[Click HERE](#) for more info

Time: 13:30 – 14:00 (Wed)
Venue: IHP Active,
Jockey Club Tower 3/F,
Centennial Campus

- Hart, J. Excessive sitting may be as harmful as smoking. *Alternative and Complementary Therapies* 21: 68 – 70, 2015.



IHP Seminar series:
Effective use of Activity Tracker for health benefits

Learn how to track your health with your smartphone or activity tracker and keep healthy without going to the gym

Open to all public to join
SIGN UP HERE

25th of May 2016, 7pm - 8pm, IHP Active
Sign up through HKU Portal EMS or
<http://tinyurl.com/IHPSeminar7>

Location: Room 336, 3/f, Jockey Club Tower, Centennial Campus, The University of Hong Kong
Tel: 3917 7852
Web: www.ihp.hku.hk

[IHP Active](#)

Exercise of the Month

Plank with arms on Stability Ball

Muscles Trained:
Core (Abs, Hips, Lower Back)



Balance with elbows on ball and toes on ground, keeping body straight. Hold for 30-60s.

Progression

Stability Ball plank with Mountain Climber



Slowly bring alternate knees to touch ball. 5-10 reps each leg or switching leg continuously for 30s.

POLAR
LISTEN TO YOUR BODY

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

Discount to members on all Polar heart rate monitors.

Sports center members are also entitled to:

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

Upcoming EIM Seminar:

Effective use of Activity Tracker for health benefits

Even though various barriers might hinder people to maintain an active lifestyle, physical activity participation can be increased with use of self-regulation strategies. With the help of Activity Trackers people can become more active by monitoring their activity data such as number of steps taken, distance traveled, speed and pace, calories burnt and heart rate.

[Click HERE](#) to register