Active Campus Walking Trails

The Institute of Human Performance of the University of Hong Kong, in collaboration with the University Health Service, has devised a series of routes around the campus to allow you to get active anytime whilst on campus. As you follow the routes you will not only actively improve your physical health, but also be a part of our active campus community.

Active along the way
There are numerous open spaces along the walking trails which are perfect for doing some basic bodyweight exercises and stretches. Exercises and stretches are easy to perform and can enhance your walking experience.

Studies have shown that bodyweight exercises and stretches are a good and efficient way to enhance your physical and mental performance. Engaging in a full body resistance training activity twice or more days per week improves physical performances as well as strengthening your core stability. Stretching on the other hand increases your flexibility and reduces stress.

Sitting behind a desk all day can cause back pain and other inconveniences. Adding resistance training and stretching to your daily routine helps you improve your muscle performance and posture, which in turn helps to alleviate some of the more common postural issues and allowing you to be more energized and work more efficiently.

Health & Safety
Important Information – Please read before commencing any of the routes

- For personal security and safety these routes are recommended for use during daylight only.
- Always make sure you inform someone where you are going and when you are due back.
- Ensure you are well hydrated and carry a small drink with you.
- Wear appropriate footwear that you have walked in before.
- Carry a mobile phone if possible.
- Report any concerns you have or may have seen whilst using the routes.

Contact Us

For general enquiries feel free to contact us at:
Tel: 2872 1205 (SHSC & IHP Active)
2817 4046 (FHSC)
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Email: actvihp@hku.hk
Active Campus Walking Trail

To enhance your walk along the Active Campus Walking Trails there are open areas marked along the trail which provide an excellent place to do some bodyweight exercises and stretches. The exercises are easy to perform, using your own bodyweight and minimal equipment.

Basic recommendations that are endorsed from the American College of Sports Medicine (ACSM) and American Heart Association (AHA) are:

- **Moderate intense aerobic exercise**
  30 min. a day, 5 days a week

- **Vigorously intense aerobic exercise**
  20 min. a day, 3 days a week

- **8-10 Strength-training exercises**
  2-3 sets, 8-12 reps each exercise, **twice** a week

### Route Information

- **Distance:** 1.6 km
- **Duration:** 31 min
- **Calories:** 165 kcal
- **Number of Steps:** 3044 steps
- **Number of Stairs:** 730 steps
- **Difficulty level:** ****

### Exercises and Stretches

- **Exercise 1 - Jumping Squat**
- **Exercise 2 - Bench Pike Push Up**
- **Exercise 3 - Plank with Rotation**
- **Exercise 4 - Bulgarian Split Squat**
- **Exercise 5 - Standing Back Row**
- **Exercise 6 - Leg Raise**
- **Exercise 7 - Overhead Stretch**
- **Exercise 8 - Arm Across Chest Stretch**
- **Exercise 9 - Seated Hip Stretch**
- **Exercise 10 - Hip Flexor Stretch**
- **Exercise 11 - Bent Over Stretch**
- **Exercise 12 - Bent Over Stretch**