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.

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

Click HERE for info

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

Click HERE for info

**Health Talk Series**
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.

Click HERE for info

**Current events – FREE for ALL!**

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)

**Special Arrangements**
2nd May – Day following the Labour Day. 14th May – Buddha birthday
Please refer to ihp.hku.hk for notice
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 smoking\(^1\). 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

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.

Heart rate monitoring allows accurate determination of intensity level during exercise.
Discount to members on all Polar heart rate monitors.

Want to receive our newsletter? Email us activihp@hku.hk
Tel: 2872-1205 Website: www.ahc.ihp.hku.hk
Henry Fok Health and Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong