UP UP and Be Healthy
A Healthy Lifestyle Campaign for Adults with Down syndrome and their Caregivers

People with Down syndrome (DS) age earlier and faster than the general population. The ‘UP UP and Be Healthy’ project aimed to arouse concern from various sectors of the community on the importance of health promotion for people with DS and their caregivers.

In collaboration with Hong Kong Down Syndrome Association (HKDSA), AHC has organized clinical workshops to assess baseline and post-training physical fitness of DS participants. With the grant from the HKU Knowledge Exchange Fund, we also organized the “Fit Fun Try 21” event with over 600 DS members and their caregivers participated.

Event Highlights
Click HERE
Newspaper Coverage
Click HERE

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

Health Awareness Day
On 13th March, AHC exercise specialists and student helpers from HKU were invited to conduct guided exercise sessions with DS members at Tung Wah College. Everyone enjoyed a great afternoon!

Use of Heart Rate for Cardio Training
The Heart Rate Training seminar held on 29th Feb at IHP Active was a great success. Please Click HERE for full seminar review.
AHC, a division of the IHP, was created to promote healthy and active lifestyles through proactive screening, assessment, education and tailor made exercise programming.

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

**The Health and Ageing in Adults with Down syndrome (HAADS) study**

Sau Po Centre on Ageing has jointly conducted a research with the Active Health Clinic about the ageing of adults with Down syndrome. HAADS is a cross-sectional cohort study comprising of 146 Chinese DS adults aged 18-54 years. This project is the largest study to date relating physical and extensive musculoskeletal measures in a DS sample across a wide range of age groups.

Dr. T.Y. Lum, with the assistance of Dr. Michael Tse and AHC colleagues has conducted a series of scientific fitness assessment at AHC. They concluded that people with DS experienced accelerated ageing compared with general population, and stressed the need of promoting active lifestyle among them.

RTHK has broadcasted the HAADS via Hong Kong Connection to raise the awareness of Down syndrome. [Click HERE](#) for Full episode

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**Stability Ball Hip Lifts**

Muscles trained:
Core (Glutes, Abs, Lower back)

Lie flat on ground with feet on stability ball, arms out to side for balance. Lift hips up so that body is straight between shoulder and ankle. Back to starting position and repeat.

**Variation**

Put hands closer to the side or over chest to increase difficulty for balance. Weight can be put on abdominal to increase loading.

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**Women and Weights**

Is fitness training any different for females? Should females lift heavy weights?

Full article [Click HERE](#)

**Major Muscle Groups**

Correct techniques and concepts on how to train major muscle groups.

Full article [Click HERE](#)

**Principles of HIIT**

Design your very own time saving and effective HIIT workout.

Full article [Click HERE](#)

**Outdoor Circuit Training**

Working out in groups is a fun and motivating way to improve physical activity. Exercising in the morning will kick-start your metabolism for the day; burning more calories even while you are at your desk!

Date: Every Monday and Wednesday
Time: 6:05-7:05am 7:15-8:15am
Venue: Athletic Track, Stanley Ho Sports Centre

[Download Registration form](#)

Sports center members are entitled to:
10% off all Active Health Clinic services, including blood lipid & glucose testing and risk factor assessment.

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

Special discount to members on all Polar heart rate monitors.

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