



## 健康有難度，跑出我的路

誠邀有志青少年，加入我們為期六個月的團隊培訓計劃，挑戰渣打香港馬拉松 2015 十公里賽事，參加者不需具任何運動比賽經驗。費用全免 (包括馬拉松報名費)。

參加資格：

年齡於 2015 年 1 月為 16 至 20 歲，以及身體質量指數 (BMI) 在 25 或以上

訓練及參賽詳情:

1. 入選之參加者會由廣華醫院兒科醫生作身體檢查及體能評估，以確定參加者的體質適合參與是次訓練。貴校可能將此訓練活動納入在” HKDSE” 的” 其他學習經驗” 內
2. 於這個暑假，營養師、骨科醫生及物理治療師會指導參加者精明飲食及運動安全之道，以改善生活習慣及模式
3. 浸會大學體育系及屈臣氏田徑隊的教練會提供跑步訓練。跑道訓練由 2014 年 9 月開始，在九龍區運動場進行訓練，平均每星期 2 次。計劃包括 2015 年 1 月香港馬拉松十公里賽事的報名

報名方法：

1. 參加者須於二零一四年六月三十日前填妥報名表，交回所屬學校或廣華醫院兒科 (傳真 3517-5261，[電郵 yms218@ha.org.hk](mailto:yms218@ha.org.hk))。報名表格可於 <http://www.ha.org.hk/kwh/main/tc/index.asp> 下載。
2. 參加者會被聯絡，需於七月五日參與本活動簡介講座及篩選面談。入選之同學須得家長或監護人同意才可參加此計劃。

查詢：

請致電或留言 3517-2648 廣華醫院兒科部余小姐

贊助機構



支持機構 (排名不分先後)



廣華醫院  
物理治療部



廣華醫院骨科  
運動及關節  
日間復康中心



基督教家庭服務中心  
Christian Family Service Centre



## “C'mon Buddies, run to have Fun”

We are recruiting some dedicated youngsters and train them for the 10 km race in Standard Chartered Hong Kong Marathon in January 2015. No sporting or running experience is required. We train for FREE (Marathon registration is included)!

The only criteria:

1. You need to be between 16 and 20 years old (as of January 2015)
2. You need to have a body mass index (BMI) of 25 or higher

### What to expect

1. If selected, you will undergo a medical examination by paediatricians of KwongWah Hospital to make sure you that you are physically suitable. We will ask your school to include this training into your “Other Learning Experience” of the HKDSE.
  2. During the summer holidays, you will be instructed on how to eat smartly by dietitian, how to prevent injuries by KWH orthopedic doctor and physiotherapists.
  3. Training on the track will start in September 2014, two evening sessions a week held in sports ground in Kowloon area. Sessions are led by qualified coaches from Department of Physical Education, Hong Kong Baptist University and Watson’s Athletic Club. Registration for the Marathon is included.
- Most of all, expect to achieve something for yourself, have lots of fun, make lots of friends, at the same time raise money through your run to help others.*

### How to join

Submit an application form (download from <http://www3.ha.org.hk/kwh/main/tc/index.asp>) before 30<sup>th</sup> June, 2014 through participating schools or email the form to [yml218@ha.org.hk](mailto:yml218@ha.org.hk) or fax to 3517-5261.

You will be contacted to attend an introductory talk in 5<sup>th</sup> July, followed by a short selection interview. If selected, your parent or guardian needs to consent to your joining.

### Enquiry

Ms. Yu of Department of Paediatrics, KwongWah Hospital. Tel 3517 2648

#### Sponsors



#### Supporting organizations



Department of  
Physiotherapy  
KwongWah Hospital



Sports and Joint  
Ambulatory Centre  
Department of  
Orthopedics and  
Traumatology, KWH



基督教家庭服務中心  
Christian Family Service Centre