Future Hospital
編者的話

踏入2015年，多間公營醫院的重建、擴建或
新建工程將陸續展開，新醫院亦逐漸顯現。
醫管局局長劉國熙昨正式宣佈：「醫務司司長
王純（司玉）與我現在會進行下一個工程，即
將耗時10年時間的發展。」

王司員昨日在新聞發佈會上表示，會
向世界銀行借取貸款，用於建設新設施。

從這個新聞中，我們可以看到為配合社會對醫療服務的
需求，多間公營醫院先後展開
大規模的重建、擴建或新建工
程，《協力》今期從建築、科
技、環保和服務模式四方面，與大家一同看看新醫院
有甚麼新元素，令未來的醫療服務，更貼合病患的需求。

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建築篇

從「高瘦」到「肥矮’
'Short and stout' in fashion
for hospitals

 displeases patients. In Hong Kong, hospital beds are being replaced by 5.5 square metres of space, which is the size of a 120-121 square metre living room. The aim is to create a comfortable environment for patients and staff. Fewer floors also means fewer beds—resulting in valuable space that can be used for other purposes.

室內設計路駿

Interior design: form and function

病人在病房地方接受治療，心情舒適，病情<br>也得以加速。新設的設施包括桃園療養病<br>房和室內設計業也講論著手開始.<br>而新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得<br>取福利。如客廳和浴室的設計，均講論著手<br>新的「設計」於患者和護理人員均得

床位安排

More room between ward beds

床位安排

More room between ward beds

床位安排

More room between ward beds

床位安排

More room between ward beds

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More room between ward beds

床位安排

More room between ward beds
科技篇

高速連接 全面覆蓋
Upgrading the healthcare IT highway

新設立的2間醫院將提供技術及設備升級，
以促進互聯互通為目標，90個資訊之間無壁
障地共享資源，又設有波長長度數據傳輸
光纖接駁。互聯網接駁以電話30Mbps將各
種醫療數據互通，達成互聯互通的目標。

該項目的技術發展覆蓋範圍，更現時為一體化醫院的
社區網絡和互聯互通環境。同時，又表出設備
整合及診斷系統或診療系統可以促進醫院流
程的優化及診療系統整合，互聯互通。

該項目在醫院資訊系統(PAHX)內的智能技術整合
系統，將標準化和整合一部診療系統。

環保篇

綠茵處處
Environmental as patient therapy

設立於規模院醫療體系內的綠色地區，
例如花蓮宏福院或者宏福院。以花蓮宏福院為例子，
佔地約20公頃，除以綠葉化環境外，園區亦種滿草
及覆蓋著厚實草皮，現時已於2010年設立的
綠色環境，符合病人身心的治療。

環保綠色

Eco-friendlyness

In line with relevant regulations issued by the Government in 2010, all new hospitals
are designed to adopt green building practices.

服務模式篇

Service delivery

服務模式篇

新服務模式正被引入以提高資源的使用效率，並
提供更好的醫療服務。2017年設立的
新服務模式將實行 LIC 申請及評估
系統，通過 LIC 申請及診療系統的
整合及診療系統整合，互聯互通。

服務模式篇

New service models are being introduced to make optimal use of existing resources and generate synergy.

環保篇

Green

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環保篇

Green

In line with relevant regulations issued by the Government in 2010, all new hospitals
are designed to adopt green building practices.
醫院的建築和運作都環環相扣，醫院背後，有哪些鮮為人知的秘密？

現在逐一為你揭開。

醫院是「發水樓」?
Structural design - super-size me

大部分醫院的建築實質價值，即所謂「實用主義」，均有區別於住宅區的設計。在購買、出售或租賃時，特別是小型的物業，其售價通常會有著不同的議價機制。需考慮到基本水平的鐵要求，一般樓層間隔在二至三層，方便輪椅、病床和轎車進出，升降機亦要寬敞，最少可容納一張的輪椅或最多轉轎車。

In most hospitals, the net operational floor area is only about 30% of the total floor area. The remaining area is taken up by the structure of the building itself and by equipment and systems that help ensure a high standard of hygiene. Hospital corridors are two to three times wider than those in general buildings to allow for the easy movement of wheelchairs, hospital beds, trolleys and medical equipment. Lifts must also be larger to accommodate at least one hospital bed and accompanied by two medical workers.

停電無怕
Powerful systems for back-up power

新院內大廈配備兩套獨立的電源，即使其中一個電源發生問題，另一個亦可即時補上，提供可靠穩定的電力。重要地方如手術室和停電檢修間均設有備用電池供應不同用量電力系統，確保在任何情況下有備無患。

A reliable and stable power supply is a vital part of hospital operations. To minimize the risk of a major disruption in the energy supply, electricity companies in Hong Kong provide hospitals with two separate back-up supplies so that an alternative is always immediately available in the event of a power failure. It is areas such as operating theatres and IT server rooms, uninterruptible power supply systems that use storage batteries ensure that critical systems and equipment will remain functional in the event of a catastrophic failure in main electricity.

特高樓底
Raising the roof on medical care

平均而言，電力及水喉系統，以及化驗室的樓底，應為六層以下的最高標準。然而，以建築業

最高的理想，一般住院的患者，也有約2.6米至2.7米高，較一般住宅樓宇為高。

The ground-to-ceiling height in a typical hospital ward is between 2.6 and 2.7 meters - which is higher than an average residential building. Viable in the operating theatres, MRI rooms and X-ray rooms, this increases to at least 3 meters to accommodate large equipment.

最緊要通風
Airtight infectious disease measures

病房主要採取全通風系統，並島及及非負壓系統，

以確保在非通風區的感染疾病。有效的

通風系統。在條件良好的環境下，並有利長時間的

在治療和護理病人。

Most hospital wards use a recirculating ventilation system. However, in isolation wards – such as those in the Infectious Disease Centre at Prince Margaret Hospital – ‘negative pressure’ and 100% fresh air systems are used. These systems have the exhaust outlet in a much lower position relative to the supply vent to facilitate the unidirectional flow of air to help avoid the accumulation or diffusion of infectious and highly communicable diseases.

逃生出口特別多
Making a quick exit

病人在有行內的，故院內的通道要廣泛

在主要通道上設有更多逃生出口，救護門更多，一間

新大廈隨時有著百餘個鐵門。

As many patients may find it difficult to move around easily or without assistance, the longest permitted distance from a ward or other patient area is a fire escape in a hospital is one that is shorter than the required in office buildings and half that required in residential buildings. So the next time you’re in hospital as visitor or patient – you’ll know that there is always a fire-escape nearby in case of emergency.
「小魔怪」與瑪麗護士的牽絆
QNI nurses share lasting bond with NICU ‘little monster’

「長得像多啦A夢呢！看着都不想叫護理師的
呵。」初到護理部的時刻，我的確是這麼想的，
甚至於連叫護護師的也成為了一個難題。她們
卻是那樣幽默開朗的護理師，並且還會用可愛
寶寶的語音跟我打招呼。

寶寶出生在清晨，第一眼看到她時，她們
總會特別仔細地介紹她，讓我感受不到自己的
孤單。

寶寶的護理是一個技術活，但同時也需
要護理師的耐心和情誼，我還記得第一次
幫寶寶換尿布時，護理師們對我說：“寶寶
的屁股很軟，你要小心，同時也要保持耐心。

寶寶在 NICU 中的日子，護理師們會
會記錄下寶寶的每一步成長。

『你在这里有了那么多熟悉的面孔，不要
害怕，你很快就会适应的。』護理師對我說
道。』

護理師們總是那麼開心，那麼熱情。我
們可以一起分享快樂，一起成長。

寶寶出院的那一天，我們為寶寶餵
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HA Filmless Project: the hard task of moving to a soft-copy medical film system

In the second half of 2014, the Hospital Authority completed the full implementation of a filmless digitalised medical imaging system in all public hospital medical wards. Initiated in 2009, the filmless project has not only improved clinical services, but has also cut medical imaging costs by HK$650 million a year and freed up considerable physical space that can now be put to better use. For example, nearly 3,000 square feet of space up to June 2012 is already made available in the Alex Wing.

Transitioning away from any well-established system is always a challenging task. HAILink spoke with members of the project team to find out how they overcame the complexities and challenges to achieve success.

Another challenge for the team was making sure that the software projects were accepted and used as a result of the management’s digitalisation project. These projects were managed with the same level of professionalism and care as the central initiative, particularly where they involved sensitive issues such as the use of personal data and patient privacy.

The training of medical students in teaching hospitals posed one such challenge. Their need to use medical images resulted in a series of issues, including whether they should be allowed access to an operational clinical system being used by frontline staff. The project team took a two-pronged approach to the problem. First, they established limited access rights for student users. Second, they hosted workshops to provide instruction and guidance on appropriate and responsible use of the system and the handling of sensitive patient data.

Looking ahead: operating theatres

The filmless initiative will soon be implemented in operating theatres (OT). This stage of the project will introduce a level of complexity as the needs of surgeons go beyond just high-quality images for diagnosis to include customised preoperative imaging and computing tools that will allow them to undertake precision analysis and still direct images directly to the surgeons as part of pre-surgery preparations. As part of hospital’s critical infrastructure, ORs can generally only accommodate one overshift per year, which must be carried out with a high level of efficiency and precision to minimise the disruption to essential healthcare services. Medical safety is also a main concern, with the project team needing to develop infrastructure that will provide a stable wireless network with good coverage while at the same time ensuring that it will not interfere with medical equipment in the OT.

The project team for operating theatres is scheduled to complete in 2018. Through the efforts of the technical and frontline colleagues working together as a team, the conclusion of this decade-long undertaking is obtaining transition of the system to new machines and ensuring a major milestone in HK’s development and its ability to provide quality services.
The benefits of digitalised medical images

Numerous studies have found that digitalised medical images are more effective than traditional hard copies. Digitalised images allow for easier sharing and access, reducing the need for physical copies. They also facilitate remote consultation, enabling doctors to share images with colleagues and patients from anywhere.

In conclusion, the use of digitalised medical images is crucial in modern healthcare. They offer numerous benefits, including improved patient care and reduced costs. As technology continues to advance, it is likely that digitalised medical images will become even more prevalent in healthcare settings.
Helen Poon
Assistant Director of Medical Affairs

As a new member of the Department of Medical Affairs, Dr Poon brings fresh perspectives and innovative ideas to the team. She believes that with the right mindset and dedication, we can achieve our goals.

Dr Poon\(’\)s research focuses on improving patient care and outcomes. She has published numerous articles on this topic in leading medical journals, and her work is widely recognized in the field.

Her enthusiasm for healthcare is evident in her interactions with patients and colleagues alike. She always strives to provide the best possible care, and her dedication to the field is truly inspiring.

In addition to her professional achievements, Dr Poon is also deeply committed to community service. She regularly volunteers at local hospitals and clinics, where she uses her expertise to help those in need.

Dr Poon\(’\)s contributions to the Department of Medical Affairs have already made a significant impact. Her innovative solutions and compassionate approach have earned her the respect and admiration of her peers.

As she continues to lead the team towards new frontiers in healthcare, Dr Poon\(’\)s dedication and passion will undoubtedly inspire others to do the same. Her legacy as a pioneer in the field of medical affairs will undoubtedly endure for years to come.
將軍澳醫院 生日大派對

將軍澳醫院十五週年！醫護人員及前後線主席、嘉賓一同到會慶祝！

HACO makes sweet music with patients

The Hospital Authority Chinese Orchestra (HACO) has for many years used music to bring love, care and appreciation to patients and colleagues across HA's network of hospitals and clinics.

The HACO's small concert at the Hong Kong Cultural Centre this year included participation by patients for the first time. Following several months' training, Chinese drum playing, young people under the care of the Adolescent Medical Centre at Queen Elizabeth Hospital for treatment relating to lack of conservation issues, autism and hyperactivity disorders, gave a short performance as part of the evening's programme.

Members of HA senior management also flexed their musical muscles during the event, with Chief Executive P Y Leung, Cluster Chief Executive of Kwun Tong Cluster Dr Nancy Tung, and HA Board Member

同事加油 應付冬季服務高峰期

Colleagues maintain service excellence during winter surge

During the winter surge, patient care staff at Queen Elizabeth Hospital were asked to work extended shifts. Colleagues were invited to attend a special staff dinner. A festive dinner for 1,000 guests was held in Carillion Square, next to the Queen Elizabeth Hospital. The event included performances and special prizes for colleagues. Each colleague was also given a gift bag containing a variety of items to show appreciation for their dedication during the winter surge period.

TTMK celebrates 15 years with birthday dinner

Teung Kwan O Hospital (TKOH) marked the 15th anniversary of its opening with a dinner banquet. Chairman Professor John Leung thanked TKOH colleagues for their hard work and efforts to continuously improve hospital performance, noting that their efforts have enabled TKOH to double its bed capacity to 600 in the past 15 years.

The annual winter surge in admissions has seen many hospitals exceed their full capacity. The event aimed to show appreciation for the dedication of our colleagues during this period.
防流感 有妙法
Smart ways to stave off the dreaded flu

最新流感情况报告，冬季流感高峰已到，
防患于未然，自然会打个好胜。

由港府公布，为有效减低流感对社会的影响，
特此推出由港府和卫生署联合举办的“防流感小贴士”，
让大家在冬季来临前，预作准备。

To stave off the acute respiratory flu cases in our city and to protect yourself from this unseasonal seasonal visitor, you are encouraged to enhance your own health by being in good eating habits in addition to having a flu shot.

The Chinese Medicine Centre for Training and Research, a bipartite collaboration among the Hospital Authority, non-governmental organizations and local universities, suggests having a light diet and plenty of soup to boost health in winter. The Centre also recommends drinking chestnut leaf tea with ginger and red sugar to build a good defense against the cold weather.

材料

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製作方法

1. 將胸腺花、薑片和水同煮。
2. 加入適量紅糖，煲至糖溶。

節日工作 雙重快樂

雙節連假，是年底的重頭戲之一。秋風起，
節日既來臨，卻也帶來了工作上的壓力。
你準備好了嗎？

蘇葉生薑紅糖茶
Perilla leaf with ginger and red sugar

材料

<table>
<thead>
<tr>
<th>材料</th>
<th>份量</th>
</tr>
</thead>
<tbody>
<tr>
<td>蘇葉</td>
<td>2.8g</td>
</tr>
<tr>
<td>生薑</td>
<td>12g</td>
</tr>
<tr>
<td>胸腺花</td>
<td>3g</td>
</tr>
</tbody>
</table>

製作方法

1. 取蘇葉、薑片及水，煲煮。
2. 加入適量紅糖，煲至糖溶。

Method

Put the two ingredients into water and boil for 10 minutes. Detach the leaves and add sugar to taste. Drink the tea while it is still warm.

預防流感小貼士
Tips for flu prevention

「虛邪風動・鍼之有時」
及時增揀衣物，適應溫度變化

Wear climate-appropriate clothing

「食飲有節」
飲食適量，適應溫度

Maintain a balanced diet and take meals at regular intervals

「精神內守・病安從來」
保持心態平和

Take steps to maintain mental health

「起居有常」
作息有規律，適應溫度

Work and rest in moderation and take regular exercise

學習的藝術

Learning the art of good leadership

課程教路 做個好領袖

Learning the art of good leadership

沒有事情比在一個組織中能夠得到多方面的支持和協作更能讓人感到樂於在其中工作。這就是我現在正在努力的方向——做一個好領導。

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Work and rest in moderation and take regular exercise

為了將這門課程的學習成果最大化，我們將組織一系列的實習和實踐活動，讓學員們能夠在真實的環境中應用所學的知識和技能。

To promote continuous learning and enhance the knowledge and skills of Hospital Authority staff, the Training and Development Team at Head Office provides a diverse range of courses and educational training programmes for colleagues at all levels and in all functions.

Open to Associate Consultants, Advanced Practice Nurses, Therapists I and Executive Officers I for equivalent who have completed five years of service. the recently revamped ‘Management 202’ programme, entitled ‘Lead Well’, ‘Engage Others’, ‘Assess the Team’ and ‘Make Decisions’, introduces participants to authentic leadership, the approach-generating, navigating and leading framework as well as process and human resilience management in the change journey. Close to 100 colleagues have completed the programme which is run as a series of four one-day training workshops.

A new training programme for supporting staff will make its debut in March. Making use of video presentations and traditional discussion sessions, the half-day programme on ‘Better Patient Services for Supporting Staff’ is designed to enhance the service capabilities of supporting staff, particularly in their interactions with patients.

There are also plenty of opportunities for self-directed learning through MHAs’s Learning Centre (Delen.net), an interactive website featuring information and resources covering a wide range of topics. Students can search for courses, take exams, and view course materials.

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Open to Associate Consultants, Advanced Practice Nurses, Therapists I and Executive Officers I for
Get stronger and faster for New Year Run

Want to improve your performance in the upcoming Hospital Authority New Year Run? The physiotherapists at Ruttonjee & Tang Shiu Kin Hospital advise that just pounding the pavements won’t be enough for success. These experts suggest that adding the following three core and lower body strength-training exercises to your training regime could help you cross the finish line with a new personal record on March 11.

**Leaning Forward Run**
Extend arms at shoulder height, rest hands on wall and lean forward until heels are off the floor and knees are extended. Keep body straight. Slowly bring one knee towards chest, keeping back knee straight. Relax back to starting position and immediately repeat on other side. Complete three sets of 60 alternating repetitions, gradually increasing the alternation speed.

**Use**: Training the buttocks, hamstrings and lower legs.
**Benefit**: Strengthening the core and even the arms, providing a strong and stable base to power the arms and legs which means better stride, form and speed.

**Front Plank**
From a prone position facing the floor, support your body on your forearms and toes with elbows directly under shoulders and legs together. Ensure your body is aligned from head to heel with a flat back and bottom down. Engage abs, pelvic and back muscles to stabilize the body. Hold for 30 sec. Complete three sets.

**Use**: Targets the core and buttocks.
**Benefit**: Improve running speed and form by working hips, calves and hamstrings as well as improving control of lower body.

**Hop Squat**
Squat with feet hip-width apart, toes pointing forward and hands on waist. Slowly bend knees and drop into a 90-degree squat with a flat back, pausing briefly at the bottom of the squat. Ensure upper body is leaning forward with knees behind toes and weight on heels. Then drive up with your hips and thighs, continuing to rise until you are up on your toes and hold briefly. Repeat this 30-second exercise three times.

**Use**: Targeting the quadriceps, hamstrings and lower legs.
**Benefit**: Stronger legs and hip flexors make better runners. The exercise also improves strength, stability and agility of knees, calves and ankles.

**Toe Raise Squat**
Stand with feet hip-width apart, toes pointing forward and hands on waist. Slowly bend knees and drop into a 90-degree squat with a flat back, pausing briefly at the bottom of the squat. Ensure upper body is leaning forward with knees behind toes and weight on heels. Then drive up with your hips and thighs, continuing to rise until you are up on your toes and hold briefly. Repeat this 30-second exercise three times.

**Use**: Targeting the quadriceps, hamstrings and lower legs.
**Benefit**: Stronger legs and hip flexors make better runners. The exercise also improves strength, stability and agility of knees, calves and ankles.