Fun Fitness program

Ivan Lam(1), Edmond Yip(1), Edith Lau(1), Cammi Chan(1), Steven Wong(1), Candy Leung (1)
May Chan(2), Mandy Chan(2), Rebecca IP(2), Appie WAN(2)

(1) Physiotherapy Department, (2) CHRC Department

Keywords:
Health
Promotion
Fitness
Fun
Exercise

Introduction
Exercise is proven to be a one of the major way to keep a balanced healthy life style and up-regulate body energy level. In order to promote the importance of exercise, a joint program organized by CHRC and Physiotherapy department will be started from July 2016 till Dec 2016 to promote people awareness and wellness through physical activity, stress control and general wellbeing.
The exercise class content is designed by physiotherapist and carried out in the location of CHRC.
CHRC assists in recruiting participants, targeting volunteer and PMH staff.
There are three main exercises classes, namely head and shoulder stretching class, Fitball class and core stabilization class.
Each class will be carried out 2 times in 2 consecutive month.
Class is arranged on Wednesday on every first week. There will be total 6 lessons.
Participants have to fill in Par-Q form before the exercise class and evaluation form after each class.

Objectives
To arouse people interest in exercise
To educate participant the importance of exercise
To educate participant the proper way of exercise

Methodology
Evaluation will be conducted after the program to review if the program is successful
or not.
Evaluation form will be given to each participate at the end of each class. They give
feedback in the following area,
Is the exercise class beneficial to them?
is the class content appropriate to them?
are they satisfied with the class?
will they recommend the class to other?

Result
Result will be summarized after the completion of the program.