



Service Priorities and Programmes Electronic Presentations

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Submitting author: Ms Ivan LAM

Post title: Physiotherapist I, Princess Margaret Hospital

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

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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 participant 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.