

# Rehabilitation Facilities in North District

## Outdoor Fitness Equipment



新界東醫院聯網  
NEW TERRITORIES  
EAST CLUSTER

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### Disclaimer:





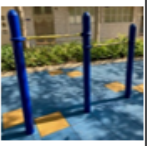





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Map







# Outdoor Fitness Equipment – Upper Limbs Training

Venue	Tai Chi spinner	Climbing shoulder stretcher	Arm pedal exerciser	2-way chin bar	Accessible chin bars	Horizontal ladder	Shoulder pulley	Upper Back Stretcher	Standing Push-Up	Upper Body Stretch and Strengthen
										
Choi Yuen Estate	✓	✓	✓	✓		✓		✓		
Cheung Lung Wai Estate					✓					
Ka Fuk Estate	✓	✓	✓	✓						
Ching Ho Estate										
Choi Po Court			✓				✓			
Yuk Po Court	✓						✓			
Tin Ping Estate	✓		✓	✓		✓	✓			
Tsui Lai Garden	✓			✓		✓				
Kat Cheung Crescent Garden	✓									
Pak Fuk Children's Playground	✓	✓					✓			
Pak Wo Road Playground			✓						✓	✓
North District Park				✓						
San Wan Road Garden							✓			
Sheung Shui Garden No. 1	✓									
Sheung Shui Garden No. 4	✓									
Shek Wu Hui Jockey Club Playground	✓	✓								
North District Sports Ground							✓			

# Outdoor Fitness Equipment – Lower Limbs Training

Venue	Mini health walker	Static bike	Pedal exerciser	Hamstring and thigh stretcher	Stepper	Air Walker	Calf Stretch	Balance - Partial Lunge	Balance - Single Leg Balance	Bench Stepper	Leg press
											
Choi Yuen Estate	✓	✓	✓	✓							
Cheung Lung Wai Estate											
Ka Fuk Estate/ Ka Shing Court	✓		✓								
Ching Ho Estate			✓								
Choi Po Court	✓		✓								
Yuk Po Court			✓		✓						
Tin Ping Estate			✓			✓					✓
Tsui Lai Garden											
Kat Cheung Crescent Garden											
Pak Fuk Children's Playground											
Pak Wo Road Playground							✓	✓	✓	✓	
North District Park											
San Wan Road Garden					✓						
Sheung Shui Garden No. 1					✓						
Sheung Shui Garden No. 4		✓									
Shek Wu Hui Jockey Club Playground		✓									
North District Sports Ground											

# Other Training Facilities

Venue	Sit up	Twister	Upper and lower body warm up	Back Strengthening	Parallel bars	Relaxation Zone
						
Choi Yuen Estate	✓				✓	
Cheung Lung Wai Estate						
Ka Fuk Estate/ Ka Shing Court					✓	
Ching Ho Estate	✓					
Choi Po Court	✓		✓			
Yuk Po Court	✓				✓	
Tin Ping Estate	✓	✓			✓	✓
Tsui Lai Garden						
Kat Cheung Crescent Garden	✓					
Pak Fuk Children's Playground						
Pak Wo Road Playground				✓		
North District Park						
San Wan Road Garden		✓				
Sheung Shui Garden No. 1		✓				
Sheung Shui Garden No. 4						
Shek Wu Hui Jockey Club Playground		✓				
North District Sports Ground		✓				