



會 學 醫 港 香
The Hong Kong Medical Association

FOUNDED IN 1920-INCORPORATED IN 1980 AS A COMPANY LIMITED BY GUARANTEE
MEMBER OF WORLD MEDICAL ASSOCIATION AND CONFEDERATION OF MEDICAL ASSOCIATIONS IN ASIA & OCEANIA

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香港軒尼詩道十五號
滙沙公館大廈五樓

新聞稿



Healthy 8,000 Steps Campaign

醫學研究顯示，定期適量的運動對改善身體健康有著莫大的幫助。缺乏運動不但影響個人身心健康，而且拖低整體社會生產力。所以如果人人都注意自己的身體健康，香港就可以變得更美好。然而，現代都市人生活節奏急促，要騰出時間而且找到合適的場所做運動並不容易。但是，原來我們只需要養成每日步行八千步的習慣，保持身心健康原來也殊不困難！

香港醫學會關注市民的身心健康，自二零零三年起推廣《每日步行八千步》計劃。悉值今年舉行奧運盛會，本會特意舉辦活動喚起廣大市民對運動與健康的關注。

在今日舉行的記者招待會，**香港專業聯盟主席梁振英先生**身體力行支持『健步8,000 大行動』，分享平日做運動保持身心健康的心得。梁振英先生更為是次活動錄製了一段宣傳聲帶，將於商業一台『在晴朗的一天出發』節目時段播出。

另外，推擴委員會兩位聯席主席周伯展醫生和陳以誠醫生介紹了是次計劃的主題活動，很高興與衛生署及香港浸會大學攜手合作，並得到商業一台以及港鐵公司的全力支持。本會將推出一項獎勵計劃，特別針對較少做運動的上班族，鼓勵他們建立健康的生活模式。計劃詳情可參考本會網站 www.hkma.org

在場的多位嘉賓，包括醫學界立法會議員郭家麒醫生、衛生署衛生防護中心總監曾浩輝醫生，雷霆881商業一台策劃總監黃永先生以及香港醫學會陳以誠醫生和周伯展醫生，在香港浸會大學體育學系副教授雷雄德博士的帶領下，為大家示範正確的步行姿態。

最後，所有出席嘉賓一同簽署承諾，每日堅持做適量運動，推動全港市民齊齊『行』出健康好體魄。

二零零八年五月一日

編輯備忘：

香港醫學會成立於一九二零年，旨在聯繫政府、各公立醫療機構、大學及私人執業的醫務工作者，交流意見，團結一心。醫學會致力將最新的醫療資訊及醫務發展傳遞與會員，提倡會員遵行專業操守，進而服務社會，維護民康。

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1 May 2008

PRESS RELEASE



Healthy 8,000 Steps Campaign

The benefits of regular moderate physical activity were scientifically proven. Lack of adequate exercise for the community would not only affect the physical and mental well-being of individuals, but also adversely affect the productivity of the community. However, it might sometimes be difficult for busy people like us to “squeeze” the time and find a suitable place for physical activity. Well, one thing you might not be aware of, is that all we have to do is to walk 8,000 steps or more per day, and that is all it takes for a healthier and happier life.

With the aim in arousing public awareness of the importance of daily exercise to one’s physical and mental health, the Hong Kong Medical Association initiated the “**Healthy 8,000 Steps Campaign**” in 2003. In this Olympic Year, the Association dedicated to remind the general public to live an active life.

In the press conference today, **Hon. CY LEUNG, Chairman, Hong Kong Coalition of Professional Services** attended to show his support to the campaign and shared with us the ways he kept himself healthy. He also recorded a promo for the campaign which will be broadcasted through the Commercial Radio during the programme “On a Clear Day”.

Besides, Dr. CHOW Pak Chin and Dr. CHAN Yee Shing, Co-Chairman of the Campaign Steering Committee, briefly introduced the key activity. The HKMA has much pleasure to work hand-in-hand with the Department of Health and the Hong Kong Baptist University, and gained the full support of the Commercial Radio and the MTR. The Association will launch an Award scheme which specifically targets at the physically less active population – office-workers, encouraging them to lead a healthier lifestyle. Details are available from the Association’s website www.hkma.org.

Under the leadership of **Dr. Lobo LOUIE, Associate Professor, Department of Physical Education, Hong Kong Baptist University**, other guests including **Dr. Hon. KK KWOK, Legislative Councilor, Dr. Thomas TSANG, Controller, the Centre for Health Protection, Mr. Vincent WONG, Director of Strategic Planning, CRI, as well as Dr. CHAN Yee Shing and Dr. CHOW Pak Chin, the Hong Kong Medical Association** demonstrated the correct posture of walking.

Before the end of the press conference, all guests present signed and committed to adopt regular exercise and lead a healthier life.

Notes to editors:

The Hong Kong Medical Association, founded in 1920, aims to bring together Hong Kong’s government, institutional, university and private medical practitioners for an effective exchange of views and co-ordination of efforts. The foremost objective of the Association is to safeguard and promote public health. The Association speaks collectively for its members and aims to keep its members abreast of medical ethics, issues and advances around the world. In fulfilling these goals, the association hopes to better serve the people of Hong Kong.

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