Jockey Club Age-friendly City



Walking Advantage

The Hong Kong Jockey Club Charities Trust

Walking information, warm-up exercise, walking posture

Improving your blood circulation and cardiopulmonary function

To maintain physical fitness and boost self-confidence

Improving the fitness level of pregnant and post-natal women

Daily exercise keeps us fit People of all

To burn energy and keep a healthy body weight

Improving the physical strength, mobility and balance control of the elderly

ages can do it"

Keeping the levels of blood pressure, blood lipids, cholesterol and blood glucose under control, as well as reducing the risk of cardiovascular disease, hypertension and diabetes, and preventing some types of cancer (e.g. colorectal cancer)

Relieving stress, and enhancing mental alertness and memory

Strengthening your bones, muscles and joints, and preventing osteoporosis

Walking is perhaps the safest and most effective aerobic physical activity. Easy to master and good for health, it can be done at any time. Walking with your family members and friends can also help maintain good relationships. An accumulation of at least 30 minutes of moderate-intensity aerobic physical activity can benefit ones' mental and physical health.

Source:

QualiWalk of Healthy Exercise for All Campaign Leisure and Culture Services Department Physical Fitness Association of Hong Kong, China

