



賽馬會齡活城市
Jockey Club Age-friendly City

Funded by:



The Hong Kong Jockey Club Charities Trust

Organizer:



基督教家庭服務中心
Christian Family Service Centre

Walking Advantage

Walking information, warm-up exercise, walking posture



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

