

I. Personal Information

Title: Prof. / Dr. / Mr. / Mrs. / Miss / Ms.

Surname: [] Given Name: []

Chinese Name (if any): [] Sex: Male / Female

Date of Birth: [] (MM/YYYY)

Category: Student / Staff / Member / Others Student/ Staff/ Membership Card No.: (If any) []

Day Time Contact No.: [] E-mail Address: []

Emergency Contact: [] (Name) Contact No. []

II. Payment

Payment can be settled by cheque, *cash or credit card with payable to "The University of Hong Kong". All registrations should be sent or delivered to:

Office G-03, Henry Fok Health & Fitness Complex, Stanley Ho Sports Centre, 10 Sha Wan Drive, Sandy Bay, Hong Kong

*Cash and credit card payment will only be accepted by submitting in-person.

III. Liability Wavier

I hereby affirm that I am in good physical condition to exercise. My participation is purely voluntary and in no way mandated by The University of Hong Kong.

Also, I understand that I can stop training anytime if I have any discomfort or even without any particular reason. In no event shall The University of Hong Kong, its officers, employees, or agents be held liable for any injury, death, or property loss which I may suffer during the activities if caused by either my own negligence, inadequacies in health and fitness or by accident.

Also, I give permission for any exercise related information to be disclosed to other health care professionals and stored in their database. This information will be used solely for monitoring and evaluation purposes, all reasonable steps will be taken to ensure that data will be kept secure against unauthorized access, loss, disclosure or destruction in line with the Personal Data (Privacy) Ordinance (Cap. 486).

Signature: [] Date: []

CUT ALONG DOTTED LINE AND SEND REGISTRATION FORM ALONG WITH CHEQUE MADE OUT TO THE UNIVERSITY OF HONG KONG



Phone: 2872-1202 Fax: 2817-1974 E-mail: activihp@hku.hk www.activehealthclinic.hk

Henry Fok Health & Fitness Complex Stanley Ho Sports Centre 10 Sha Wan Drive Sandy Bay, Hong Kong



IHP Golden Years Fitness





IHP Golden Years Fitness

This programme is designed to improve and positively influence the quality of life for participants who would like to be healthy and strong throughout their 40's, 50's, 60's, and into their retirement years. The aim of IHP Golden Years Fitness is to get you into the habit of exercising. This programme gradually incorporates cardiovascular exercise, strength training and flexibility. You will have an instructor to guide you through the program and monitor your progress. Health related benefits will be stressed.

Be healthy to enjoy every year as the best year of your life!

HOW THE PROGRAM WORKS

1. Initial Consultation

Meet with our IHP Exercise Specialist for an individual consultation to discuss your health profile and personal goals. A comprehensive health risk assessment will be included.

2. Baseline Fitness Level

This will be evaluated for each individual to assess their starting fitness level.

3. Individual Exercise Programme

An individualised exercise programme will be designed to suit the needs of each participant.



4. Personal Training Sessions

Our staff will teach you safe, effective exercise technique and develop a programme with the appropriate intensity, frequency and progression to maximize results and reduce injuries.

5. Reevaluation and Follow up

After the completion of the 10 one-hour's sessions, participants will be acquired with the technicality and basic knowledge of training. We strongly recommend those who complete the programme to engage to the recommended exercise programme. A reevaluation and follow-up session will be scheduled.

Who should join?

Those who may have never trained before, those who are coming back after a break from exercising, or anyone who wants to start exercising in a safe and effective manner. In particular, those who are returning to exercise and have had trouble being consistent with their workouts because they found it difficult to achieve their goals; this programme is for you. This programme will provide participants with the encouragement to help you start or continue along your future journey to health and fitness.

Your Programme fee will included

- 10 hours under the guidance of our IHP exercise specialist, who will provide you with instruction and supervision on resistance training, cardiorespiratory, and flexibility development.
- Initial health screening (to determine your current level of physical fitness and functional status)
- Personalised fitness advice
- Follow up visit after 3 months

Programme Fee	HKU Student and Staff	HK\$1,200
	IHP members*	HK\$1,800
	Others	HK\$2,200

Training Venue Initial assessment session will be done at Room G-01, Ground Floor, Henry Fok Health and Fitness Complex, Stanley Ho Sport Centre. Subsequent trainings will be held at the Active Health Clinic, Henry Fok Health and Fitness Complex, Stanley Ho Sports Centre.

Exercise Specialist Kenneth Liang, Health and Fitness Officer, IHP, HKU

Kenneth Liang is a certified ACSM Certified Exercise Health and Fitness Specialist, ACSM Certified Clinical Exercise Specialist, NSCA Certified Strength and Conditioning Specialist.

***IHP Members Includes** HKU Alumni, Community Member, HKU-IHP Tenants Sports Member, Associate Members of SSC Team, HKU SPACE-IHP Sports Members and Foundation Members.