

## INDIVIDUAL SERVICE LIST

### I. 血液分析 BLOOD PROFILE SCREENING

服務 Service	測試內容 Description
<b>血脂測試</b> <b>Blood Lipid Profile Screening</b>	<ul style="list-style-type: none"> <li>• 血脂濃度量度 Measure of blood lipid concentrations               <ul style="list-style-type: none"> <li>○ 總膽固醇 Total cholesterol (TC)</li> <li>○ 高密度脂蛋白 High density lipoprotein (HDL)</li> <li>○ 三酸甘油酯 Triglyceride (TG)</li> </ul> </li> </ul>
<b>非空腹血脂測試</b> <b>Non Fasting Lipid Profile Screening</b>	<ul style="list-style-type: none"> <li>• 非空腹血脂濃度量度 Measure of non fasting blood lipid concentrations               <ul style="list-style-type: none"> <li>○ TC + HDL</li> </ul> </li> </ul>
<b>血脂全面分析</b> <b>Full Lipid Profile Screening</b>	<ul style="list-style-type: none"> <li>• 低密度脂蛋白 Low density lipoprotein (LDL)               <ul style="list-style-type: none"> <li>○ TC + HDL + TG</li> <li>○ TC:HDL Ratio</li> <li>○ LDL:HDL Ratio</li> </ul> </li> </ul>
<b>血糖分析</b> <b>Blood Glucose Screening</b>	<ul style="list-style-type: none"> <li>• 空腹血糖測量 Measure of fasting blood glucose (GLU)</li> </ul>
<b>血脂及血糖全套分析</b> <b>Full Blood Profile Screening</b>	<ul style="list-style-type: none"> <li>• 血脂及血糖全面分析 Full lipid profile and blood glucose screening</li> </ul>

### II. 身體成份評估 BODY COMPOSITION ASSESSMENT

<b>人體測量</b> <b>Anthropometry</b>	<ul style="list-style-type: none"> <li>• 量度身體成份(身高-體重比例、臀圍及腰圍量度、皮脂厚測量) ISAK (International Society for the Advancement of Kinanthropometry) Assessment of body composition (height/weight, hip/waist girth, skinfolds)</li> </ul>
<b>雙能 X 線骨密度儀</b> <b>DXA X-Ray Scan</b>	<ul style="list-style-type: none"> <li>• 測量骨質密度或體脂分佈 Determine bone mineral density OR body composition</li> </ul>

### III. 體能與健康 FITNESS AND HEALTH

<b>積極人生健康檢查計劃</b> <b>Active Health Assessment</b>	<ul style="list-style-type: none"> <li>• 心血管疾病風險評估 coronary artery disease risk factor assessment measuring:               <ul style="list-style-type: none"> <li>○ 總膽固醇及血糖分析 total cholesterol and blood glucose</li> <li>○ 血壓量度 blood pressure</li> <li>○ 身高、體重、身體質量指數(BMI) 及腰圍測量 Anthropometry measures of height and weight (BMI), and waist circumference</li> </ul> </li> <li>• 骨質密度及體脂分佈測量 DXA bone density and body composition analysis</li> <li>• 以遞增式運動負荷測試推斷有氧運動能力及運動強度 Graded exercise test to estimate aerobic fitness and exercise intensity</li> </ul>
<b>體力活動諮詢</b> <b>Physical Activity Consultation</b>	<ul style="list-style-type: none"> <li>• 冠心病風險評估、身體健康狀況調查以及參與體力活動前的身體準備情況 Consultation determining coronary artery disease risk factor assessment, health history questionnaire and physical activity readiness</li> </ul>
<b>運動計劃諮詢</b> <b>Exercise Program Consultation</b>	<ul style="list-style-type: none"> <li>• 基本健康及體能評估 Basic health and fitness assessment</li> <li>• 設計及訓練計劃 Program design and delivery</li> </ul>

#### IV. 運動表現 SPORTS AND PERFORMANCE

<b>小組體能訓練</b> <b>Group Fitness Sessions</b>	<ul style="list-style-type: none"> <li>度身設計的小組體能訓練計劃, 包括循環力量訓練、有氧訓練等 Group fitness sessions that may include circuit strength training, aerobic fitness, flexibility.</li> </ul>
<b>專項運動現場測試</b> <b>Sports Specific Field Testing</b>	<ul style="list-style-type: none"> <li>測試運動專項的體能參數, 包括有氧、無氧、肌力、速度及敏捷性測試 Testing of sports specific fitness parameters including aerobic, anaerobic, strength, speed and agility testing</li> </ul>
<b>乳酸水平測量</b> <b>Lactate Assessment</b>	<ul style="list-style-type: none"> <li>透過最大運動量測試來測定無氧運動能力 Graded maximal exercise test to determine anaerobic fitness capacity</li> </ul>
<b>最大攝氧量測試</b> <b>VO<sub>2</sub> max</b>	<ul style="list-style-type: none"> <li>透過分析最大運動量測試時的呼吸氣體成份, 來測定有氧運動能力 Graded maximal exercise test to determine aerobic fitness capacity through gas analysis</li> </ul>
<b>最大攝氧量+乳酸測試</b> <b>VO<sub>2</sub>max + Lactate Testing</b>	<ul style="list-style-type: none"> <li>透過最大運動量測試來測定有氧及無氧運動能力 Combination graded exercise testing to determine aerobic fitness and anaerobic threshold</li> </ul>

**All services include consultation, report and recommendations  
10% discount for IHP members**

*All prices are subject to change without notice.*