

Healthy Body – Healthy Mind – Healthy Student



– Frontiers in Medical and Health Sciences Education –
HKU 27 November 2015

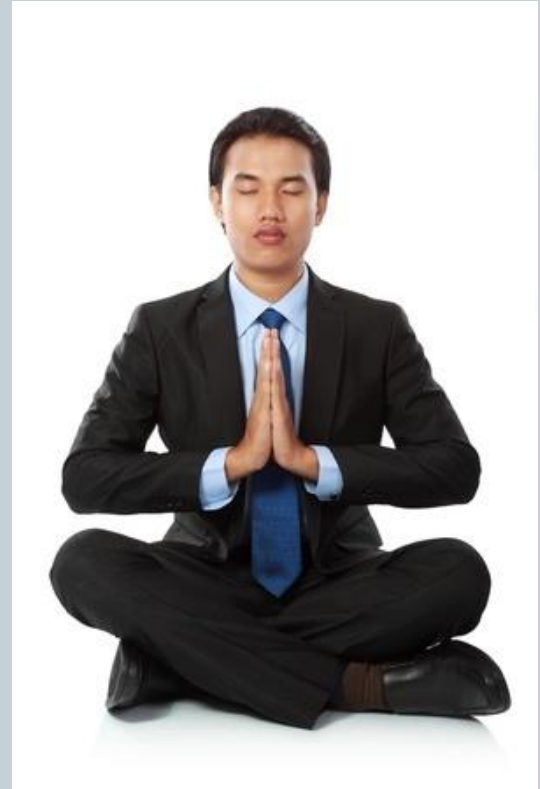
Exercise and Disease Prevention



- Heart disease
- Some forms of cancer
- Type II diabetes
- Obesity



Physical Wellness



Physical Wellness at HKU



University Health Service
The University of Hong Kong



Illness Prevention
Sexual Health
Mental Health
Nutrition
Occupational Health/Safety



cedars

Centre of Development and Resources for Students
The University of Hong Kong
香港大學學生發展及資源中心

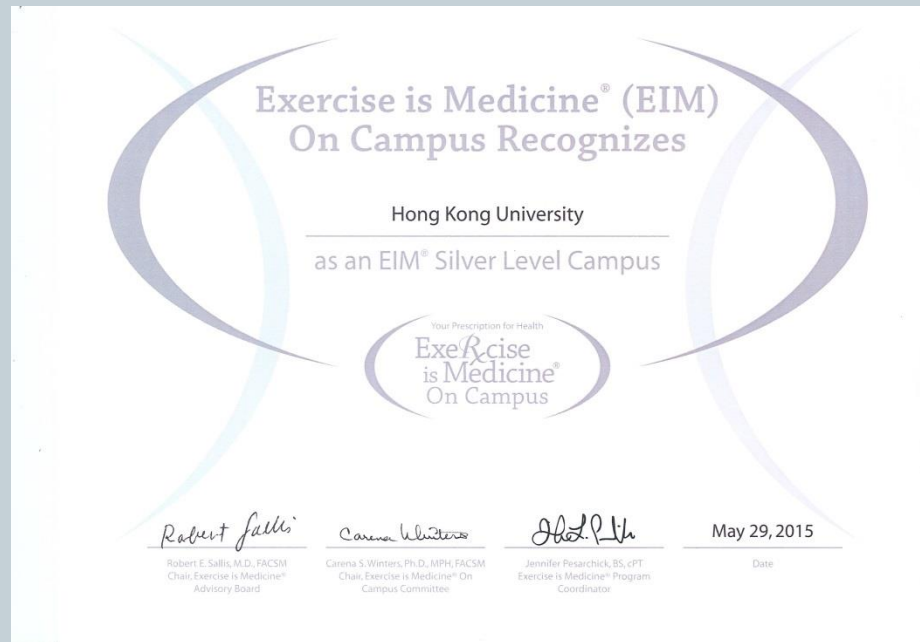


Person Enrichment
Social Life
Mindfulness
Mental Health
Emotional Intelligence



Health Assessment
Fitness Assessment
Exercise Prescription
Physical Activity Awareness
Campus Health and Fitness

EIM Partnership



Mission and Vision

The mission of EIM-OC is to foster collaborative relationships and leadership on campus between exercise, health, and other disciplines that support the EIM-OC vision and goals.

The vision of EIM-OC is to see all campus and community members across multiple disciplines discover, share, and adopt the principles of EIM-OC that will help change the culture of chronic disease prevention and management campus-wide.

ACSM Exercise Guidelines



- Cardiorespiratory exercise
- Resistance exercise
- Flexibility exercise
- Neuromotor exercise



Understanding Risk Factors

- Hypertension
- Physical inactivity
- Type 2 diabetes
- Smoking
- Blood lipid levels



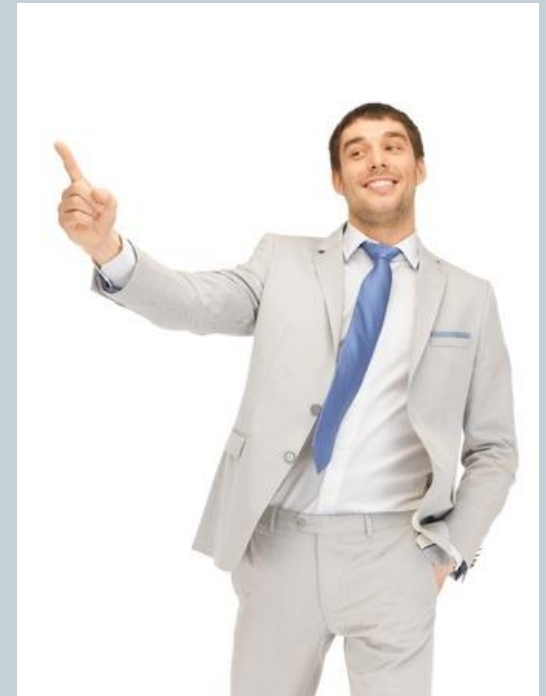
Medical Student Electives



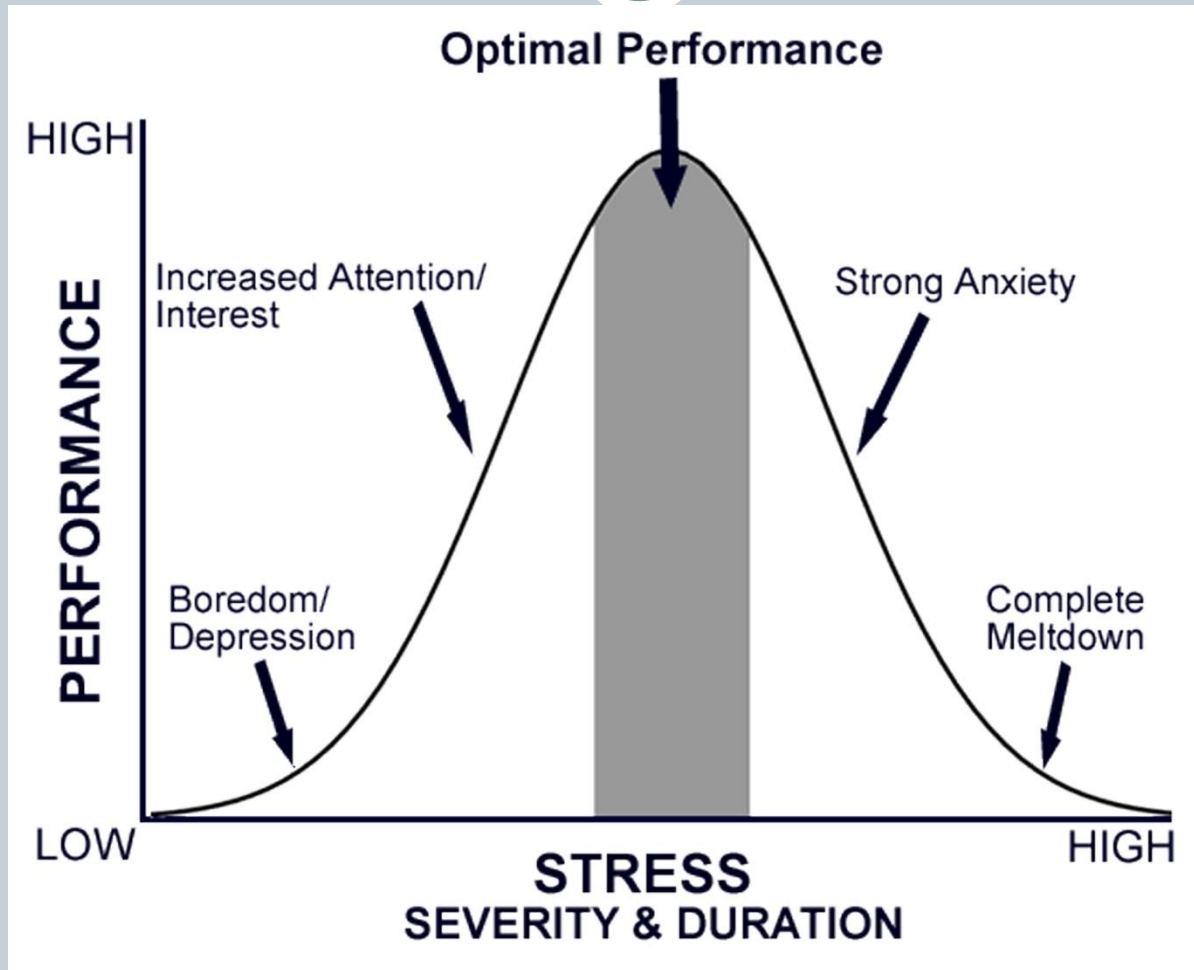
Choice or Control – Manage it!



- Exercise
- Nutrition
- Recuperation
- Recreation
- Manage stress



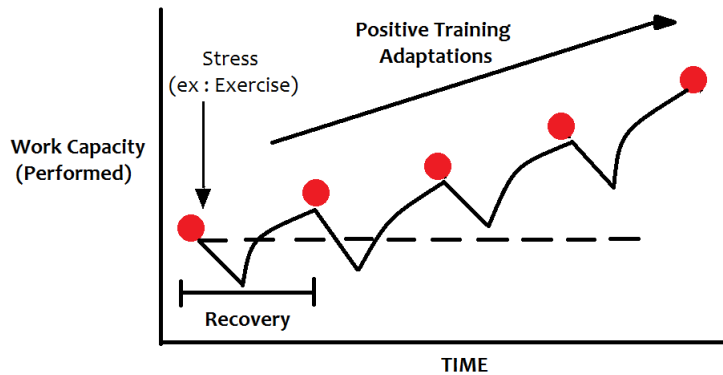
Stress-Response Curve



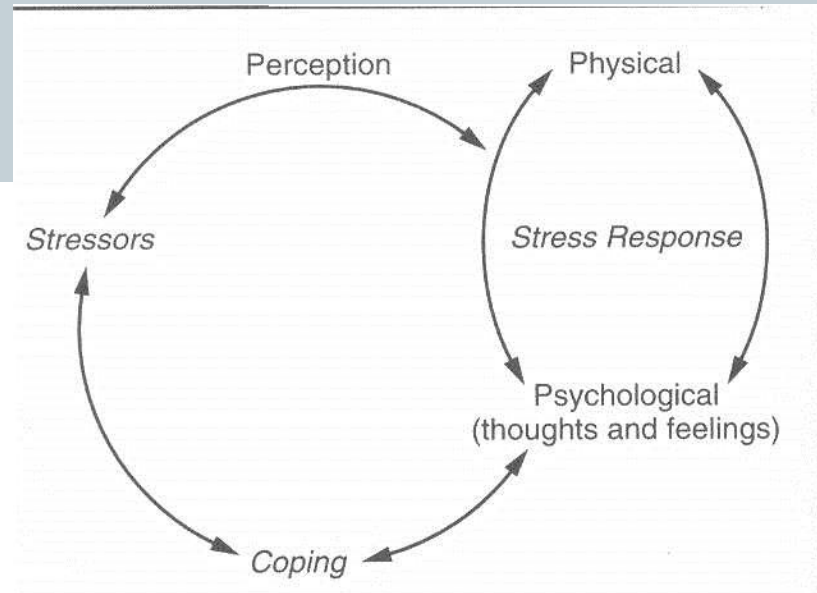
Stress and Coping



- Different types of stresses



Optimum Training



Improve Sleep



- Repair and regeneration
- Better brain function
- Growth hormone



How much exercise do I need?



- According to ACSM, aim for at ~30 minutes of physical activity of some sort every day.
- Losing weight or to achieve specific fitness goals, you may need to exercise more.
- You can achieve more health benefits, including increased weight loss, if you increase your exercise to ~60 minutes per day.
- Restrictions on calorie intake can also help.

Too much Sitting is Killing you



- People who sit too much every day are at increased risk of diabetes, heart disease, cancer and shorter life spans, even if they exercise, according to a recent study in the Annals of Internal Medicine.

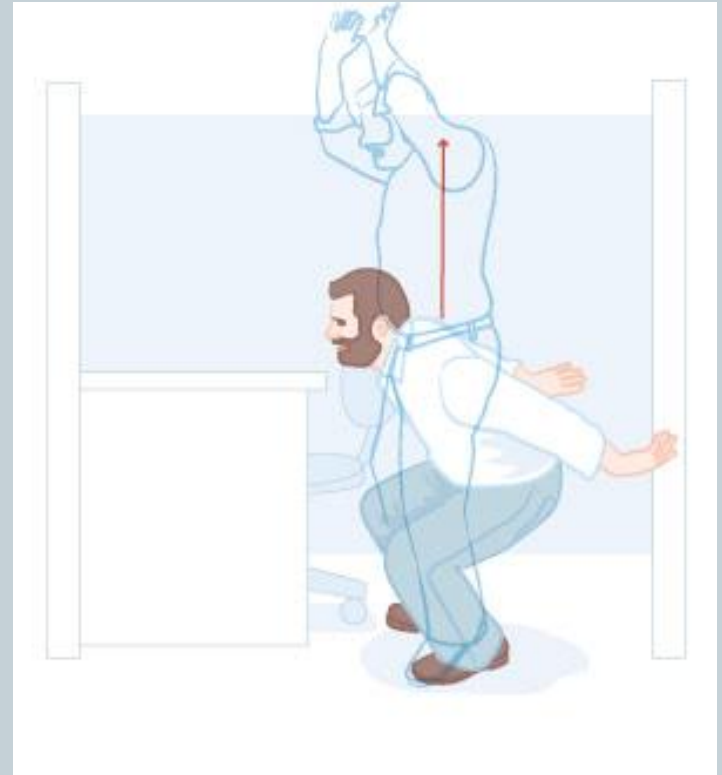


<https://www.youtube.com/watch?v=wUEl8KrMz14>

What types of Exercise



- Most any kind of exercise is beneficial (within reason).



Thank You



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