



Your Health  Our Purpose
為你健康 盡力盡心

健營健體計劃

Fitness & Health Programme



地址 Address :

香港新界沙田澤祥街 9 號香港中文大學醫院 1 樓
1/F, CUHK Medical Centre, 9 Chak Cheung Street,
Shatin, New Territories, Hong Kong

服務時間 Service Hours :

星期一至五 : 9:00 - 17:00

星期六 : 9:00 - 13:00

星期日及公眾假期休息

Monday to Friday : 9:00 - 17:00

Saturday : 9:00 - 13:00

Closed on Sunday and Public Holidays

黃鍾鈞運動醫學及康復中心

Alex Whong Sports Medicine & Rehabilitation Centre

預約 Booking : (852) 3946 6588

電郵 Email : smr@cuhkmc.hk

網址 Website : www.cuhkmc.hk/tc/centres/sports-medicine-and-rehabilitation-centre

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CUHKMC/SMR/FNH/2022/06



健營健體計劃 Fitness and Health Programme

肥胖和超重會增加患上高血壓、高膽固醇、心臟病、糖尿病、骨關節炎、睡眠窒息症和部分癌症等慢性疾病的風險。因此，體重管理對我們的健康非常重要，並應該通過健康的飲食和定期運動去實行。

健營健體計劃[^]針對關注體重管理的人士而設。本院的專業團隊將根據每位參與者的喜好及需要，提供度身訂造的計劃，達到並維持減重。

Obesity and overweight increase the risk of some chronic diseases, such as hypertension, hyperlipidemia, heart diseases, diabetes, osteoarthritis, sleep apnoea and some types of cancer. Therefore, weight management is very important for our health and it should be accomplished with balance of a healthy diet and regular exercise.

Fitness and Health Programme[^] is designed for people who have concern about weight management. Our multidisciplinary team provides customised plans to help every participant to achieve and maintain weight loss according to their needs and preference.

[^]此計劃需要有註冊西醫發出的轉介信

[^]This programme requires referral issued from medical practitioner

計劃特色 Programme Features

物理治療 Physiotherapy

體重管理的運動教育
Education on exercise for weight management
個人化和指導的運動計劃
Individualised and supervised exercise plan

營養學 Dietetic

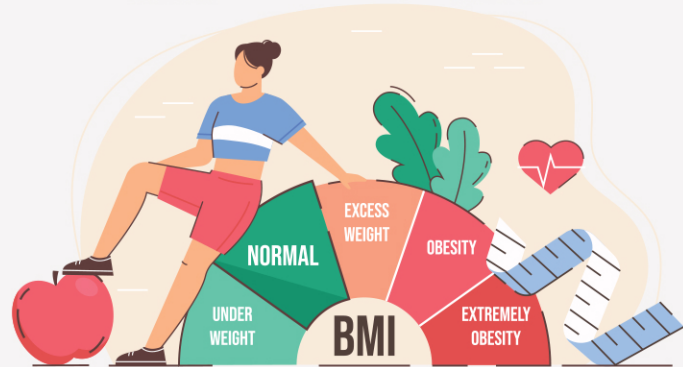
體重管理的飲食教育
Education on diet for weight management

計劃適合對象 Target Group

肥胖或超重的成年人可以參加我們的體重管理計劃
Adults who are overweight or obese can join our weight management programme

超重 Overweight
(BMI ≥ 23 kg/m²)

肥胖 Obese
(BMI ≥ 25 kg/m²)



內容和收費 Programme Details and Fee

	健營健體 (基本) 計劃 Fitness and Health Programme (Standard)	健營健體 (進階) 計劃 Fitness and Health Programme (Advanced)
	四個月內之節數 Number of Sessions in 4 months	
營養學 Dietetics	6	6
物理治療 Physiotherapy	1	4
收費 (港幣) Fee (HKD)	\$2,950	\$5,000*

*參加後半年內的額外節數會有95折

*Discount rate of 5% for an additional session within half year from the start of enrollment