

NEWSTART Diet Videos 新起點素食 (短片)	Short videos introduce simple and easy-to-make vegetarian dishes. 分享簡單易煮的素食菜式。
Online Cooking Demonstrations 網上直播烹飪示範	Through the online platform, participants are invited to interact with the vegetarian chef, ask questions during the demonstration, and exchange cooking tips and experiences. Our team also shares about the nutritional content of the featured dishes and new research on vegetarianism. 觀眾可透過網上平台與素廚互動，過程中可自由發問，與素廚交流烹飪心得。中心團隊亦會介紹菜式營養成份及分享素食新研究。
Hands-on Cooking Classes 實體親手製作課程	Vegetarian chefs teach participants how to use natural ingredients to prepare delicious dishes, which may be taken home after class to be shared with family and friends. 由不同素食煮廚指導，從零開始，以天然食材親手製作出美味菜式，成品可帶回家與親友分享。

A Mental and Emotional Health Promotion 精神與情緒健康推廣

Common mental health issues such as stress, sadness, anxiety, and depression are often linked to various physical symptoms. To raise awareness of the importance of mental and emotional wellness, the center helps patients adjust their lifestyle habits for better physical health, provides seminars on how to improve mental health, and trains volunteers to care for those with mental or emotional health needs. One of our most popular certificate programs is the Mental Health First Aid (Standard) course, which equips students to identify and assist those with emotional issues and help them find appropriate support.

壓力、情緒低落、焦慮、甚至抑鬱困擾不少人。其實，這些情緒問題往往與身體的各種症狀有著不可分割的關係。有見及此，本中心除了重視協助客人調整生活習慣，以促進身體健康，也致力提倡情緒健康的，並提供提升心靈健康的講座，訓練志願者加入關懷情緒有需要的人士。受歡迎的證書課程有精神健康急救（標準）課程，讓學員有機會辨識並協助身邊情緒有急切需要的人士，尋找專業的支援。

A Corporate/School/Estate Wellness Program 機構 / 學校 / 屋苑健康拓展計劃

Health and working efficiency are closely linked, and a healthy workforce is one of the most important factors for success in any corporation. This program is designed for employees / students / residents and aims to increase their awareness of the importance of disease prevention by teaching them how to take care of themselves amidst their busy lifestyles. Other integral topics covered by the program include the general principles of a healthy lifestyle, how to balance work and leisure, and how to manage stress.

The program may include health seminars, webinars, workshops, outreach health screenings, lifestyle consultation, and wellness day camps. Tailor-made programs are also available to meet more specific needs.

身體質素與工作效率息息相關，員工的身體質素是企業成功關鍵之一。此計劃旨在喚醒員工 / 學生 / 居民的健康意識，幫助他們積極預防疾病，學習在繁忙的都市生活中好好照顧身體。計劃的內容包括良好生活模式要旨、如何平衡工作與娛樂，和紓緩壓力的竅門等。

計劃能夠提供健康網上講座、工作坊、外展簡單身體檢查或生活方式諮詢等，還可以因應需要度身設計不同形式的活動。

A Lifestyle Medicine Clinic 生活型態醫學診所

The Lifestyle Medicine Clinic assesses each patient according to factors such as nutrition, exercise, and stress management. Our team of experts then offers advice on how to minimize risk of disease through recommendations on improving various lifestyle habits that enable patients to enjoy a long, happy, and healthy life.

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Our attentive and caring clinic professionals are dedicated to walking alongside our patients as they journey towards healthy living, helping them achieve a vibrant lifestyle and live life to the fullest.

了解危機所在，就可以及早防範，讓它化於無形。生活型態醫學診所會就營養、運動習慣和壓力處理方面提出專業意見，協助您改變目前的生活模式，好活得健康又豐盛，長久又愉快。

生活型態醫學診所的專業團隊會時刻關注您的需要，幫助您適應日常生活的點滴改變，陪伴您踏上身心康泰之途，創出豐盛人生。

A Appointment & Enquiries 預約及查詢

For further information, please contact our Lifestyle Management Center, or visit our website.

如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

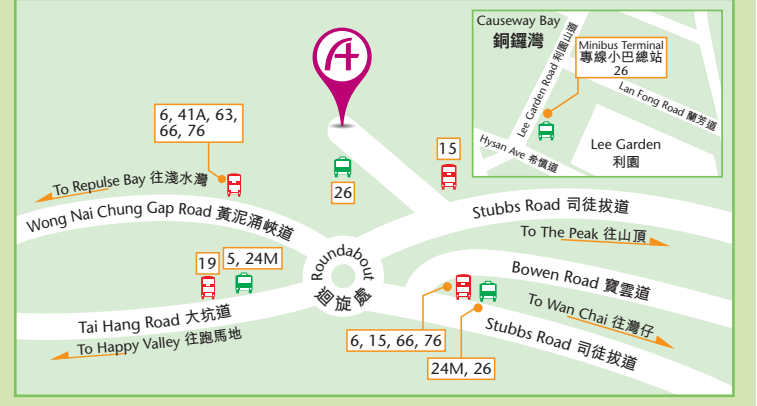
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Hong Kong Adventist Hospital – Tsuen Wan
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Map 路線圖



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Valid date 有效期至 : 2023/12/31
The Hospital reserves the right to change or amend details without prior notification.
For the latest information, please visit our website at www.hkah.org.hk
如有任何資料調整或變更，本院毋須另行通知。
如欲查閱最新資料，請瀏覽本院網站www.hkah.org.hk。

2023/01 Revised 修訂

Adventist 港安 Health 安
Hong Kong Adventist Hospital
香港港安醫院

Lifestyle Management Center 健康生活促進中心



4 Introduction 簡介

The prevalence of chronic diseases such as cancer, diabetes, high blood pressure, and obesity continues to increase in Hong Kong, with most cases closely associated with poor lifestyle and eating habits. As a response to this growing trend, Hong Kong Adventist Hospital – Stubbs Road and Tsuen Wan established the Lifestyle Management Center over 30 years ago to promote the benefits of “total health” to the public, providing premier healthcare services to patients and the community.

Lifestyle Management Center consists of a professional team with physicians, registered dietitians, registered nurses, and health educators. We offer health assessments, vegetarian cooking classes, and interactive health activities to help patient improve their health and lifestyle.

癌症、糖尿病、高血壓和癰肥等慢性疾病在香港愈趨普遍，與不良的生活和飲食習慣有莫大關係。有見及此，香港港安醫院—司徒拔道及荃灣於30多年前成立健康生活促進中心，致力推廣「全人健康」生活模式，為病人和公眾提供持續性的保健服務。

由專業團隊包括醫生、註冊營養師、註冊護士和健康教育導師，通過素食烹飪班和各種多元化的互動健康教育活動和計劃，幫助參加者改善身體狀況，享受美好的人生。

4 The NEWSTART® Program 「新起點」健康實踐計劃

The NEWSTART® program was developed by the Weimar Institute in California, USA. By introducing healthy lifestyle changes, the program helps patients prevent, treat, and even reverse chronic diseases such as cardiovascular diseases, diabetes, hypertension, obesity, and cancer. "NEWSTART®" is an acronym for the program's eight lifestyle principles:



- Nutrition** - adopting a whole food, plant-based diet
- Exercise** - enhancing blood circulation and physical fitness
- Water** - purifying the blood and promoting detoxification
- Sunlight** - strengthening the bones and relieving depression
- Temperance** - abstaining from harmful substances and behavior
- Air** - activating body cells and improving physical function
- Rest** - balancing work and rest to repair damaged cells
- Trust in God** - knowing a trustworthy, faithful God

NEWSTART® has seen encouraging results in the United States:

- + 50% of type 2 diabetics no longer need insulin injections or medication after 18 days
- + 50% of all hypertensive patients see their blood pressure return to normal levels
- + 80% of those who suffer from diabetic neuropathy are pain-free after 18 days
- + Some participants report a 40% drop in cholesterol levels at the end of the program

「新起點」健康實踐計劃源自美國加州的威瑪學院，目的是透過重整生活模式來預防、治療、甚至逆轉某些慢性疾病，例如心血管病、糖尿病、高血壓、肥胖、癌症預防等。「新起點」的英文名字-NEWSTART代表八項健康生活的元素，分別是：

- 營養** — 以原型的植物性食物為主
- 運動** — 增進體能與血液循環
- 水份** — 淨化血液，促進毒素排出
- 陽光** — 強化骨骼、免疫力，減輕抑鬱
- 節制** — 戒除對健康有害的物質與行為
- 空氣** — 活化細胞，改善身體機能
- 休息** — 作息有時，修復受損細胞
- 信靠** — 認識一位可以隨時依靠的神

這計劃在美國取得令人鼓舞的成果：

- + 半數糖尿病患者在短短18天後，已不需要接受胰島素注射和藥物治療
- + 半數參加者的血壓下降至正常水平
- + 八成糖尿病神經病變患者在18天後，痛楚減退
- + 部份參加者於活動後，膽固醇的水平下降四成

4 Flexible Health Programs 靈活的健康計劃

The Lifestyle Management Center provides different NEWSTART® plans to suit your needs:

為配合個別人士需要，本中心提供多款「新起點」計劃以供選擇：

Program 計劃	Highlights 特點
10-Day Overseas Program 10天海外之旅	This integrated healthy lifestyle program takes place at an overseas health center and invites clients to refresh their bodies from the inside out. A physical examination allows clients to understand their health status and physical condition. 此「健康生活模式改良計劃」會帶領你到海外的健康中心體驗洗滌身心靈的放鬆之旅，計劃包括進行全面身體檢查，幫助你清楚掌握身體狀況。
1-Day Local Program 本地體驗日營	A flexible day camp for groups, the 1-day program may be specially designed to cater to the needs of the group. 此日營專為團體而設計，內容彈性而且靈活多變，切合不同團體的需要。



4 Adventist Fitness 港安健能中心

To reduce your risk of developing metabolic syndromes both in the short and long run, lifestyle modification is imperative. Lack of physical activity is one of the main risk factors for many diseases, and exercise is a crucial component of achieving overall health and wellness.

Everyone has different health and exercise needs. A professional, licensed personal trainer can provide instruction on proper exercise methods and techniques that will help you efficiently and safely achieve your fitness and health goals and avoid injury.

At the fitness room within Adventist Fitness, our professional team is on hand to design a personalized course with you according to your needs and fitness level. In addition, we are able to partner with the hospital's registered dietitians as needed to better facilitate disease management and the establishment of a good exercise foundation.

The center also provides one-to-one / Group Personal training, fitness assessments and exercise instruction, small group exercise classes, and weight control programs.

無論是從長期和短期角度而言，要減少患代謝疾病的風險，改變生活模式和習慣乃是第一線的治療方案。缺乏運動是多種疾病的其中一個主要高危因素，要達到全人健康，運動是不可或缺的。

各人的健康及運動需要不盡相同，要達到健康目標及避免不必要的運動創傷，專業的持牌健身教練透過指導正確的鍛鍊方法和技巧，助您「有效率及安全地」達到訓練目標。

本中心在院內設有健身室，按您不同階段的需要，與你訂立個人化的課程組合，亦可按需要配合院內的註冊營養師服務，以達致疾病管理，並建立良好的運動基礎。

本中心提供一對一 / 雙人健身訓練計劃、體能評估及運動指導、體能鍛鍊小組、及體重控制計劃等。

4 Promoting a Healthy Vegetarian Diet 健康素食推廣

In recent years, vegetarianism has become more and more popular in Hong Kong. Because plant-based diets are rich in fiber, vitamins and minerals, and contain less saturated fat and cholesterol than animal-based diets, many people choose to adopt a vegetarian diet as a way to maintain their ideal weight and stay healthy. Large-scale studies have also shown that vegetarianism helps to prevent various chronic conditions such as heart disease, high blood pressure, high cholesterol, diabetes, stroke, obesity, and cancer.

Although the benefits of vegetarianism are numerous, myths and misperceptions remain. Maintaining a balanced diet is of utmost importance – an ideal vegetarian diet should include whole grains, vegetables, beans, fruits, nuts, and seeds. By choosing to consume more whole foods, we allow our bodies to absorb the most natural nutrients.

In addition to hosting lectures about healthy eating, the center also organizes a variety of vegetarian cooking classes from time to time, which offer instruction on the NEWSTART cooking method, how to choose healthy and natural ingredients, and creating delicious dishes with less salt and no refined oil.

近年，素食風氣在香港愈趨流行，植物性飲食含有豐富的纖維素、維他命和礦物質，而且飽和脂肪和膽固醇的含量較動物性飲食少。所以有不少人都希望透過素食維持理想體重和身體健康。除此之外，有很多大型研究指出，素食能有效預防多種慢性疾病，例如心臟病、高血壓、高血脂、糖尿病、中風、肥胖和癌症等。

雖然素食的好處多不勝數，但坊間仍存有不少迷思和飲食謬誤，所以要吃得均衡，才能吃得最有「營」！理想的素食餐盤應包括全穀物、蔬菜、豆類、水果、堅果類和種子，多選擇進食原型食物，以吸取最天然的營養素。

除了健康飲食講座，本中心不定期舉辦不同類型的素食烹飪班，教您如何用「新起點」烹調方式，選用健康又天然的食材，以少鹽、零精製油的方式製作美味菜式。



Vegetarian Cooking Class

Say goodbye to deep-fried food and MSG! Through our online classes and videos, our cooking instructors and in-house chef teach participants how to prepare tasty and healthy vegetarian dishes with natural ingredients. Participants are also welcome to ask questions and share cooking experiences with the instructor during online classes.

Date :	Two videos per month and one online class per quarter
Venue:	Hospital Facebook page

Exercise Class (Stretching/HIIT/fitness training for beginners)

We offer three different types of group exercise classes that focus on muscle group training, stress relief, stretching, and strength and conditioning training. Through the use of upbeat music, our professional fitness instructors lead a variety of fun and enjoyable classes suitable for participants of all ages and fitness levels.

Schedule:	One course every two months (every Tuesday or Thursday)
Venue:	Lecture Hall, 6/F, Main Tower, Hong Kong Adventist Hospital - Tsuen Wan
Fee:	\$750 / \$800 per course (8 sessions)

Funfit Program

Healthy weight loss is not simply about dieting or starting a program. The key to weight management actually lies in lifestyle change that involves both exercise and adopting healthy eating habits. To support you in meeting your weight goals, our fitness coaches and registered dietitians are on hand to help you formulate a personalized weight control plan and follow up with you regularly through our online communication platform. To obtain a better understanding of your health and physical condition, we invite you to also undergo an appropriate health assessment that suits your needs.

Fee	Funfit	SUPER Funfit
Original Price	\$10,988	\$17,800
Discounted Price	\$ 9,300	\$15,800
"Essential / Smart plan" Special Offer*	\$ 6,800	\$10,650
"Elite plan" Special Offer*	—	\$ 8,380

*Special offers do not include health assessment, and are only applicable for patients of our health assessment program.

One-to-one / Group Personal Training

Depending on the needs of each participant, our certified fitness instructors provide customized one-to-one or small group exercise training programs that include fitness assessment, exercise goal setting, and regular evaluation.

Fee	One-to-one	Group
Original Price (1 session)	\$ 800	\$ 1,200
Discounted Price (10 sessions)*	\$7,140	\$10,400
Designated credit card promotion (12 sessions)*	\$7,560	—
Trial for new customers (1 session)^	\$ 400	—

*Valid for 90 days from the first session

^This promotion can be used once only and is only applicable to new customers

Fitness Assessment and Exercise Instruction (90 minutes)

Designed for individuals interested in kickstarting an exercise regimen, this session includes a fitness assessment as well as instructions and guidelines on exercise routines and home exercise provided by our certified fitness instructors.

Fee:	\$980
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Small Group Exercise Classes (2 – 4 participants)

Led by our professional fitness coaches, our flexible small group exercise classes allow two to four participants to form their own teams and train at time slots that suit their schedules. Participants experience the joy of working out as a group and take part in a wide variety of exercises that target functional, flexibility, and cardiopulmonary training such as kickboxing and bodyweight training, as well as through the use of TRX, mobility sticks, and resistance bands.

Fee:	Original Price (1 session)	\$ 900
	Discounted Price (4 sessions)^	\$3,200

^Valid for 30 days from the first session

Application and Enquiries

Lifestyle Management Center

Tel: (852) 2275 6338

Email: lmc@twah.org.hk

Website: www.twah.org.hk



素食烹飪班

謝絕油炸、味精！烹飪導師及大廚透過網上直播及素食教學短片，教您如何用天然食材來烹調美味、健康的素食菜式，歡迎提問並與大廚交流烹飪心得。

日期：	每月兩段新影片及每季一次直播
地點：	本院Facebook專頁

運動課程（伸展班 / 高強度間歇訓練班 / 基礎體能訓練班）

針對肌肉訓練和舒緩壓力，我們專設三種不同運動班。伴隨着音樂節拍，專業導師指導各種伸展和體能訓練運動。不同年齡和體格人士，都可感受箇中樂趣。

日期：	每兩個月一期（逢星期二或星期四）
地點：	香港港安醫院—荃灣主座6樓演講廳
費用：	每期（共8節）\$750 / \$800

Funfit體重控制計劃

減肥不只是「節食」或「計劃」，適量運動配合日常健康飲食是控制體重的不二法門，本院健身教練及註冊營養師一對一為個人制定合適您的體重控制計劃，並透過通訊軟件實時跟進及提醒，助你達到體重控制目標。為了更好地了解您的身體狀況，客人更可按需要選擇合適的身體檢查計劃。

費用	基本計劃	全面計劃
原價	\$10,988	\$17,800
優惠價	\$ 9,300	\$15,800
「標準/ 明智套餐」加購優惠*	\$ 6,800	\$10,650
「尊尚套餐」加購優惠*	—	\$ 8,380

*加購優惠不包括身體檢查套餐，此優惠只適用在本院參加身體檢查計劃後使用。

私人 / 雙人健身訓練計劃

為參加者提供一對一或小組的專業健身訓練，專業的持牌教練會按你意願或需要，度身訂造一個切合個人需要的運動計劃。計劃包括體能評估、確立運動目標、定期評估及修正。

費用	一對一	雙人
原價（一節）	\$ 800	\$ 1,200
優惠價（十節）*	\$7,140	\$10,400
指定信用卡客戶優惠（十二節）*	\$7,560	—
新客戶試堂優惠（一節）^	\$ 400	—

*使用期限為第一次使用服務起計90天

^優惠只限使用一次及只限新客戶使用

體能評估及運動指導（90分鐘）

專業的持牌教練為準備展開運動計劃的人士提供體能評估、運動指導及家居運動建議。

費用：	\$980
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體能鍛鍊小組（2-4人）

靈活度高的體能鍛鍊小組，自行組隊、自選時間上課，讓您們結伴嘗試不同訓練，享受既有趣又健康的相聚時光。由專業健身教練以小班形式指導，透過TRX懸吊阻抗訓練、放鬆筋膜棒、自由搏擊、彈力帶、徒手訓練等，進行功能性、柔韌性、以及心肺功能訓練！

費用：	原價（一節）	\$ 900
	優惠價（四節）^	\$3,200

^使用期限為第一堂起計30天

報名及查詢

健康生活促進中心

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