



策劃及捐助 Initiated and funded by



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The Hong Kong Jockey Club Charities Trust

## 全港推行的計劃 Territory-wide Programmes

主辦 Organised by



# 躍動香港健步行 Walk the City for Active Ageing

計劃將「健步行」、「地區導賞」與「友善社區」的概念連結，透過發掘長者及年齡友善路線、步行訓練及友伴支持，鼓勵沒有運動習慣的長者在任何地點，不需費用、不需器材、任何身體狀況，都可在所屬社區持續運動，享受運動樂趣。

The programme links the concepts of "Healthy Walking", "Regional Guided Tour" and "Age-friendly City". The walking routes are full of regional characteristics, and age-friendly to the elderly, which could facilitate elders who are not used to do exercise to develop a walking habit, and enjoy sports without the need of equipment anytime and anywhere.

## 計劃主要元素 Key components

- 在全港10區招募長者親身設計12條具地區特色、長者及年齡友善的健步行路線
- 製作手機應用程式及地區路線指南，提升長者使用醫療應用程式及獲取健康資訊的能力
- 舉辦步行小組，招募沒有運動習慣的長者進行為期3個月的健步活動，建立持續運動習慣
- 培訓50+人士成為Walk Leader，定期在社區帶領長者步行，使50+人士能持續服務社區，發揮老有所為的精神
- Recruit elderly to design 12 walking routes across 10 districts with regional characteristics and suitable for elderly.
- Develop mobile apps with electronic maps and regional guides to promote the routes and provide health information of each district to the general public; enhance the ability of elderly in using the medical mobile applications to obtain health information.
- Form walking groups to recruit elders who are not used to do exercise to join walking activities for 3 months and develop a walking habit.
- Train 50+ people to become Walk Leaders and lead the elderly to walk in the community regularly, so that 50+ people can continue to serve the community.





賽馬會齡活城市  
Jockey Club Age-friendly City

01

促進血液循環，增強心肺功能。  
Improve the blood circulation  
and cardiopulmonary function

02

保持健康體魄，有助增強自信。  
Maintain physical fitness and  
boost self-confidence

08

改善孕婦和產後婦女的健康狀況。  
Improve the health  
condition level of  
pregnant and  
post-natal women

07

有助長者強身健體，改善身體靈活度和平衡力。  
Improve the physical  
strength, mobility and  
balance control of the  
elderly

06

有助舒緩壓力，使頭腦靈活及加強記憶力。  
Relieve stress, enhance mental  
alertness and memory

05

有助鞏固骨骼，預防骨質疏鬆症，更可強化肌肉和關節。  
Strengthen your bones,  
muscles and joints, and  
prevent osteoporosis

03

消耗熱量，有助保持健康體重。  
Burn energy and keep a  
healthy body weight

04

有助控制血壓、血脂、膽固醇和血糖水平，及減低患上心血管病、高血壓和糖尿病的風險，並可預防部分癌症（例如：大腸癌）。  
Control blood pressure,  
blood lipids, cholesterol  
and blood glucose.  
Reduce the risk of  
cardiovascular disease,  
hypertension and  
diabetes, and prevent  
some types of cancer  
(e.g. colorectal cancer)



## 長者及年齡友善城市範疇 Domains of Age-friendly City



社區與健康服務  
Community Support  
& Health Services

