



『全城體測日』@ 健康博覽 PFA Day @ Health Expo 2018

日期 Date	2018 年 6 月 8 至 10 日(星期五至日) 8, 9 and 10 June 2018 (Fri-Sun)
時間 Time	10:00 - 19:00
地點 Venue	『健康博覽 2018』會場 5 FG 展覽廳@香港會議及展覽中心 Health Expo 2018's Main Venue (Hall F& G, 5/F), Hong Kong Convention & Exhibition Centre
活動 Activities	體適能測試及諮詢、運動試玩、健體工作坊 Fitness assessment booths, exercise demonstration and workshops



身體組成份分析

(由 TANITA 提供技術及器材支援)

透過生物電阻抗分析的科學原理，只需要 3 分鐘，你就可以了解體脂比率、內臟脂肪指數、肌肉量、細胞內外含水量，以及骨重，並獲取詳細的身體組成份分析報告，了解自己的健康狀況，有助於建立針對性的運動及飲食計劃。

Body Composition Analysis

(Technical and Equipment Supported by TANITA)

By means of scientific principles related to bio-impedance analysis (B.I.A.), you are able to understand % fat, visceral fat index, muscle mass, intra-/extra-cellular water content, as well as bone mass, within 3 minutes. After receiving a detailed

body composition report, it is beneficial to the development of tailor-made exercise and dietary programmes.



關節活動評估

(由 ME Fitness Limited 提供技術及器材支援)

透過精確的三維感速技術原理，只需要 3 分鐘，你就可以了解軀幹主要關節活動能力，並獲取簡單的關節活動評估報告，了解自己的健康狀況，有助於建立針對性的運動訓練計劃。

Range of Motion Assessment

(Technical and Equipment Supported by ME Fitness Limited)

By means of technology of three dimensional accelerometry, you are able to evaluate the range of motion of your trunk within 3 minutes. After receiving a brief range of motion report, it is beneficial to the development of tailor-made exercise programme.

平衡力測驗

(由普康醫學儀器有限公司提供技術及器材支援)

你只需要踏上先進的測試儀上，按指示進行開眼及閉眼平衡力測驗，不足 3 分鐘，你就可以在屏幕上看到自己的重心移動狀況，從而知道自己平衡力的優劣，資訊有助於建立針對性的運動計劃。



Balance Assessment

(Technical and Equipment Supported by Pro-Med Technology Ltd.)

You need to stand on a hi-tech assessment equipment, and then perform eye-open and eye-close balance tests, you are able to visualize the movement of your center of gravity on the display and understand your balance performance within 3 minutes. It is beneficial to the development of tailor-made exercise programme.



健體諮詢站

(由中國香港體適能總會健體教練主持)

完成體適能測試後，你可以在健體諮詢站輪候，聽取專業健體教練的建議。

Fitness Consultancy Station

(Conducted by Certified Fitness Instructor of PFA)

After completing the fitness assessment, you are welcome to queue up at the consultancy station and look for the exercise recommendations made by fitness instructor.