

中國香港體適能總會(簡稱：Fit 總)早於 1986 成立，屬於非牟利的志願團體，是唯一獲中國香港體育協會暨奧林匹克委員會認可，負責推動香港體適能專業發展的體育總會。

使命：

- 於本地及國內外提倡健康體適能及運動安全的概念
- 推動體適能的專業及社區教育工作
- 倡導與健康、體適能及運動相關的活動及服務

工作：

- 培訓體適能導師及教練員
- 評審體適能導師及教練員資歷
- 提供體適能的外展服務
- 出版會訊及體適能刊物
- 體適能顧問及諮詢服務

會員類別

1) 個人會員

任何人仕有興趣參與推廣有關體適能的活動，均歡迎加入成為個人會員。

1) 團體會員

任何本港合註冊之有關社團、公司或機構等均可以該團體名義申請成為團體會員

申請辦法

1) 個人會員

申請人須填妥申請表格，連同抬頭「中國香港體適能總會有限公司」之劃線支票寄回九龍旺角道 2A 琪恆中心 6 樓 603 室，向本會申請。

2) 團體會員

申請團體須來函向本會書面申請。

會員福利

- 1) 可被優先接納參與本會所舉辦的課程或活動。
- 2) 報讀課程可享有優惠。
- 3) 定期收到本會的電子會訊及可獲寄閱有關本會資訊及體適能的最新資料。



The Physical Fitness Association of Hong Kong, China (HKPFA) is a non-profit making and voluntary organization and has been established since 1986. We are recognized by Sports Federation & Olympic Committee of Hong Kong, China and authorized to motivate the professional development in the field of physical fitness.

Mission:

- Promote concepts of health-related physical fitness and sports safety in both local and global areas
- Motivate professional and community-based physical fitness educational programmes
- Initiate community programmes and services relevant to health, physical fitness and exercise

Work:

- Provide education and training programmes to fitness professionals
- Validate qualifications of fitness professionals
- Provide outreaching physical fitness community services
- Publish newsletters and fitness-related materials
- Forge physical fitness consultative and counseling services

Membership

1. Individual Member

Any person who has an interest in physical fitness may apply as individual member.

2. Corporate Member

Associations, institutions, firms, companies, health & fitness centres, or other registered corporate bodies may apply as Corporate Member.

Application Procedures

1) Individual Member

In applying for associate membership, an applicant should submit a duly completed application form together with a crossed cheque made payable to the “Physical Fitness Association of Hong Kong, China Ltd.” should be sent to Room 603, 6/F., Win Century Centre, 2A Mongkok Road, Mongkok, Kowloon.

2) Corporate Member

Interested bodies should apply for Corporate membership by writing to the Association directly.

Member’s Benefits

1. To have priority in participating activities or courses organized by the Association.
2. To have member’s discounts for enrollment of courses.
3. To have E-newsletters and booklets about the Association and the latest news of Physical Fitness

團體會員續會申請表

Membership (Corporate) Renewal Application Form

團體名稱(中文): _____ 員工人數: _____

Corporate Name(Eng): _____

商業登記證號碼 / 社團註冊證明書 Registration No.: _____

(如有更改, 請填寫)

通訊地址(英文) Correspondence Address: _____

(如有更改, 請填寫)

聯絡人: _____ 電話: _____

Contact Person: Mr/Mrs/Ms.

Tel. No.

(如有更改, 請填寫)

電郵地址(必須填寫) Email Address (compulsory): 1. _____

2. _____ 3. _____

4. _____ 5. _____

(可填寫多於一個電郵, 方便日後電郵最新資料)

團體會員 Corporate Member HK\$ 500 年費 Annual fee

支票號碼: _____ 銀行名稱 _____

Cheque No. _____ Name of Bank _____

連同劃線支票抬頭「中國香港體適能總會有限公司」, 寄往九龍旺角道 2A 琪恒中心 6 樓 603 室中國香港體適能總會收。

Crossed cheque made payable to "Physical Fitness Association of Hong Kong, China Ltd.", and should be sent to Room 603, 6/F., Win Century Centre, 2A Mongkok Road, Mongkok, Kowloon.

團體會員可享

- 可被優先接納參與本會所舉辦的課程或活動。
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- 定期收到本會的電子會訊及可獲寄閱有關本會資訊及體適能的最新資料。
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中國香港體適能總會專用

申請人之團體會員證號碼: _____

會員證生效日期: _____

負責人姓名/簽署: _____

會員證辦理日期: _____