

Testimonials 參加者現身說法

"This unique journey taught me how to eat healthy and start exercising so that my family and I can go on to live healthier lives." – Carrot C. (2019 participant)

「這次不一樣的旅程，讓我學習到怎樣才吃得健康和怎樣逐步開始運動，令自己及家人都有健康的體。」（2019年7月份參加者周小姐）

"Although I have been a vegetarian for eight years, I still had some misperceptions about vegetarianism. I am very grateful that the program gave me the opportunity to acquire a much better understanding of what being a vegetarian means. What's more, the environment was very comfortable and staff members were attentive and helpful. I will definitely recommend this program to my friends!"- Man Fung N. (2019 participant)

「雖然自己食素已有八年時間，但仍對素食存有迷思。我很高興能夠透過這個計劃解答心中迷思。住宿環境舒服，工作人員也很用心服務，會推薦朋友參加！」（2019年7月份參加者吳小姐）

"Adopting the NEWSTART® lifestyle helped me control my blood sugar level. Even my gut felt much healthier and I dropped 5 pounds in 10 days. I am also thankful for the opportunity to make new friends and for the mutual encouragement and support we extended to each other. The program allowed me to truly rest and renew my body, mind and soul!"- Simon Y. (2019 participant)

「每天用NEWSTART®生活模式來控制血糖，感覺腸胃也清了，體重還輕了五磅…我還結識了良友，互相提點、鼓勵，讓身心、靈得到休息及更新！」（2019年7月份參加者嚴先生）

"Due to diabetes, I was unable to eat fruit for a long time as my blood sugar level was often too high even without fruit in my diet. The center designed a special meal plan for me that was balanced, filling, and also included delicious fruit. Most importantly, this meal plan has allowed my blood sugar level to improve every day. I am amazed!"- Mrs. Tam (2017 participant)

「糖尿控制一向欠佳，已經不敢吃水果，血糖亦超標。中心為我度身訂造了一份均衡的套餐，既有美味的水果，而且亦不易肚餓，更重要的是我的血糖一天比一天好起來！超開心！」（2017年7月份參加者譚女士）

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，和舒緩壓力的竅門等。

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。

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.

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。

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。

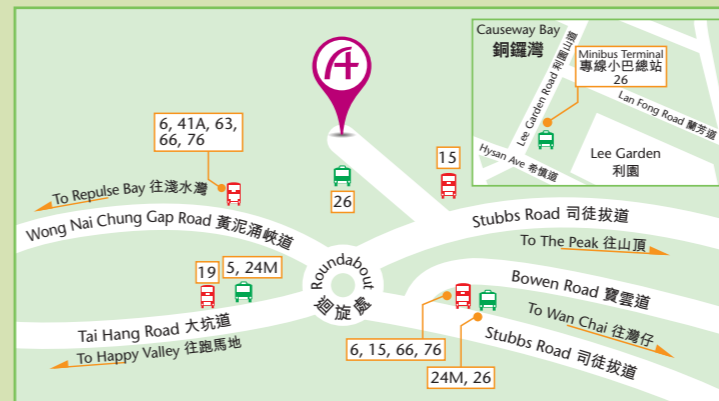
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Map 路線圖



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新界荃灣荃景圍199號
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Website 網站 : www.twah.org.hk

Valid date 有效期至 : 2022/12/31

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。

2022/06 Revised 修訂

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



Lifestyle Management Center 健康生活促進中心



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 patients improve their health and lifestyle.

癌症、糖尿病、高血壓和癯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。



The NEWSTART® Program 「新起點」健康實踐計劃

The NEWSTART® program originated from the Weimar Institute in California, was designed to help patients prevent and treat chronic diseases through healthy lifestyle changes. The program is advocated by renowned doctors and scientists around the world, including physician and leading researcher of preventive medicine, Dr Dean Ornish, and Cornell University's Dr T. Colin Campbell.

"NEWSTART®" is an acronym for its eight lifestyle principles:

Nutrition - Experiences the benefits of a vegetarian diet

Exercise - Promotes blood circulation

Water - Purify toxins in the body

Sunlight - Strengthens bones and relieves depression

Temperance - Improves self-control

Air - Activates body cells and improves physical function

Rest - Repairs damaged cells

Trust in God - Makes an eternal investment

NEWSTART® has seen encouraging results in the United States:

+ 50% of type 2 diabetics who adopt the NEWSTART® lifestyle no longer need 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威瑪學院，目的是通過重整生活模式來預防和治療慢性疾病，獲多位知名醫生和科學家推崇，包括預防醫學權威 Dean Ornish 醫生和美國康乃爾大學 T Collin Campbell 博士等。

它的英文名字代表了八項健康生活重要元素，分別是：

營養 — 體驗不一樣的營養素食

運動 — 促進血液循環

水份 — 淨化體內毒素

陽光 — 減輕憂鬱並強化骨骼

節制 — 能掌控的生活態度

空氣 — 活化細胞，改善身體機能

休息 — 修復受損的細胞

信靠 — 為永恆作投資

這計劃在美國取得令人鼓舞的成果：

+ 投入「新起點」的生活方式後，半數糖尿病患者在短短18天後，已可不需要繼續接受藥物治療

+ 半數高血壓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，不再感到這併發症帶來的痛楚

+ 部份參加者於活動後，膽固醇的水平下降四成



Flexible Program 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。

Program Content 活動內容

Activities 活動	Contents 內容
Health Seminar 健康專題討論	Our professional health management team provides the information you need to improve lifestyle habits and prevent disease. 專業健康管理團隊指導如何改善生活模式，預防疾病，並剖析兩者的關係。

Activities 活動	Contents 內容
NEWSTART® Kitchen 「新起點」小廚	An experienced chef introduces principles of healthy cooking by teaching participants how to preserve natural flavors of different ingredients. 由資深大廚教導帶出食物天然味道的烹調技巧，幫助學員培養良好飲食習慣。
Natural Remedy 自然療法	Following an interview, clients are prescribed customized treatments such as hydrotherapy, massage, or a juice fast program. 專業人員會首先通過會面了解你的個人需要，然後，提供針對性的個人療程，包括：水療、按摩、蔬果汁斷食體驗等。
Exercise Program 運動計劃	A fitness expert teaches targeted training exercises with the goal to help you to experience the joy of exercise so that you could develop the habit of regular exercise. 專業教練講解並指導各種針對性的項目訓練，體驗運動的樂趣，養成定期運動的習慣。
Healing for the Soul 心靈點滴	Participants experience healing for the mind and soul by learning more about themselves and developing a positive and open-minded approach to life. 幫助了解自我，培養積極態度，敞開心靈，尋找生命真義。
Social Group 互動小組	Participants have the opportunity to meet others in the program so that they may support and encourage each other on their way to a healthier life. 認識健康同路人，互相支持和鼓勵，一起實踐「新起點」的生活模式。



Vegetarian Cooking Class

Say goodbye to MSG! This cooking class teaches participants how to prepare tasty and healthy vegetarian dishes with natural ingredients. We are offering 2 kinds of cooking classes, hands-on and demonstration classes. Participants are welcome to ask and share cooking experiences with the instructor.

Date and dishes to be demonstrated:	Please refer to our website and Facebook page
Venue:	Hong Kong Adventist Hospital - Tsuen Wan
Enquiry:	(852) 2275 6338

Exercise Class (Stretching, HIIT)

We offer 2 kinds of healthy fitness courses that focus on muscle groups training and also stress relieving. With upbeat music, the professional fitness instructor leads stretching and HIIT exercises. You may find joy and pleasure with us regardless of age and physique.

Schedule:	One course every two months (Tue or Thu)
Venue:	Lecture Hall, 6/F, Main Tower, Hong Kong Adventist Hospital - Tsuen Wan
Fee:	\$700 / \$800 per course (8 sessions)

Funfit Program

Healthy weight loss is not just about a "diet" or "program", lifestyle change in exercise and daily healthy eating habit are the key to weight control. To help you meet your weight goals, our fitness coaches and registered dietitians will formulate a personalized weight control plan with you on a one-on-one basis. Real time follow-ups and monitoring will be provided through communication software. To better understand your physical condition, you may choose a physical check package that most suits you.

Venue:	1/F or Adventist Fitness Center 20/F Hong Kong Adventist Hospital - Tsuen Wan
Enquiry:	(852) 2275 6338

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 a physical examination program and only apply to those who joined our physical examination program.

Personal Training

Certified fitness instructor provides one-to-one professional fitness coaching and customized exercise training programs according to the needs of individuals, including fitness assessment, exercise goal setting and regular evaluation.

Fee:	Original Price	\$ 800/session
	10 sessions*	\$7,140/10 sessions
	Non-peak hours* (7:00am - 2:00pm)	\$6,825/10 sessions
Booking:	(852) 2275 6020	

*Each package is valid for 90 days from the first session.

Fitness Assessment and Instruction (90 minutes)

A certified fitness instructor will conduct a fitness assessment and provide an exercise prescription and home exercise guidelines for clients looking to kick-start an exercise regimen.

Fee:	\$980
Booking:	(852) 2275 6020

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

謝絕味精！教您如何用天然食材來烹調美味、健康的素食菜式。我們設有兩種烹飪班，可以親手製作或觀看大廚示範，過程中歡迎題問並與大廚交流烹飪心得。

日期及示範菜式：	請參閱本院網站及Facebook專頁
地點：	香港港安醫院—荃灣
查詢：	(852) 2275 6338

運動課程 (伸展班, 高強度間歇訓練班)

針對肌肉訓練和紓緩壓力，我們專設兩種不同運動班。伴隨着音樂節拍，專業導師指導各種伸展和高強度間歇訓練運動。不同年齡和體格人士，都可感受到箇中樂趣。

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) \$700 / \$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。

地點：	香港港安醫院—荃灣主座1樓/ 20樓港安健能中心
查詢：	(852) 2275 6338

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。

私人健身訓練計劃

專業可靠的持牌健身教練，會按照你的個人需要及目標提供個人化的健身課程，並由專人一對一貼心跟進訓練，務求有效達標。計劃包括：體適能評估、確立運動目標、定期檢視及分析成效。

費用：	原價	\$ 800/1節
	10節*	\$7,140/10節
	非繁忙時段優惠價* (上午7時-下午2時)	\$6,825/10節
預約：	(852) 2275 6020	

*使用期限為第一次使用服務起計90天

運動評估及處方 (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、運動處方及家居運動建議，為你的鍛鍊打好基礎。

費用：	\$980
預約：	(852) 2275 6020

報名及查詢

健康生活促進中心

電話: (852) 2275 6338

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