

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。

## 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。

## 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。

## 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.

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。

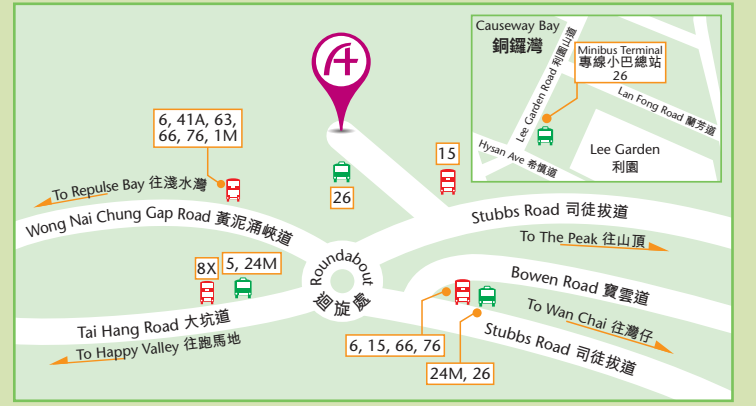
**Hong Kong Adventist Hospital – Stubbs Road**  
香港港安醫院—司徒拔道  
(852) 2835 0555   lmc@hkah.org.hk   www.hkah.org.hk



**Hong Kong Adventist Hospital – Tsuen Wan**  
香港港安醫院—荃灣  
(852) 2275 6338   lmc@twah.org.hk   www.twah.org.hk



## Map 路線圖



## Hong Kong Adventist Hospital – Stubbs Road 香港港安醫院—司徒拔道

Address 地址 : 40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
Telephone 電話 : (852) 3651 8888  
Email 電郵 : hkahinfo@hkah.org.hk  
Website 網站 : www.hkah.org.hk



## Hong Kong Adventist Hospital – Tsuen Wan 香港港安醫院—荃灣

Address 地址 : 199 Tsuen King Circuit, Tsuen Wan, N.T.  
新界荃灣荃景圍199號  
Telephone 電話 : (852) 2275 6688  
Fax 傳真 : (852) 2275 6767  
Website 網站 : www.twah.org.hk

Valid date 有效期至 : 2025/12/31  
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。

N-2411

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





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 Classes

Say goodbye to deep-fried food and MSG! Through our online classes and videos, our cooking instructors and 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.

Venue:	Hospital Facebook page
--------	------------------------

## Exercise Course

We offer different types of exercise classes that focus on muscle group training, stress relief, stretching, strength and conditioning.

### Stretching/Self-Massage Class

**Stretching Class:** 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.

**Self-Massage Class:** Participants learn to use massage balls and foam rollers to relax their muscles and prevent or relieve pain.

Schedule:	One course every two months (every Tuesday/ Thursday)
Venue:	Lecture Hall, 6/F, Main Tower, Hong Kong Adventist Hospital – Tsuen Wan
Fee:	\$1,150 per course (8 sessions) *\$690 for members

### Running Class

Schedule:	Every Sunday
Location:	Kwai Chung Sports Ground*
Fee:	\$720 for 6 sessions (*\$480 for members)

#Member price is applicable to Health Union members only

\*Location may be changed due to different conditions

## One-on-One/One-on-Two Personal Training

Depending on the needs or preferences of each participant, our certified fitness instructors provide customized one-on-one or one-on-two personal training sessions that include a fitness assessment, exercise goal setting, and regular evaluations and corrections.

Fee	One-on-One	One-on-Two
1 session (original price)	\$860	\$1,280
10 sessions (discounted price)*	\$7,310	\$11,000
Trial session for new customers (1 session)^	\$400	

\*Valid for 90 days from the first session

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

## 4D Pro Training (60 minutes)

4D Pro Bungee training is an innovative fitness method that combines strength training and aerobic exercise, and aims to enhance overall muscle strength, endurance, and flexibility. This course is suitable for participants of all fitness levels and is designed to improve cardiovascular function while also developing core stability and body coordination.

Fee	One-on-One	One-on-Two
1 session (original price)	\$1,000	
10 sessions (discounted price)*	\$8,800	\$12,300

\*Valid for 90 days from the first session

## 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:	\$998
------	-------

## Small Group Exercise Classes (2 to 4 participants)

Led by our professional fitness coaches, our flexible small group exercise classes accommodate self-formed groups of two to four people, and allow them to train at time slots that suit their schedules. Classes target functional, flexibility, and cardiopulmonary training, and invite participants to have fun together while experiencing a wide variety of exercises such as TRX suspension training, kickboxing, and bodyweight training, as well as routines that employ the use of foam rollers and resistance bands.

Fee:	1 session (original price)	\$920
	4 sessions (discounted price)*	\$3,280

\*Valid for 30 days from the first session

## 12+5 Nutrition and Exercise Program

Kickstart your journey to health by changing your lifestyle habits! This six-week program is designed for individuals dealing with obesity, high blood pressure, high cholesterol, high blood sugar, and/or fatty liver, and aims to enhance overall well-being through personalized plans and services. Flexible scheduling options allow us to work together to improve and safeguard your health.

- One-on-One Personal Training (12 sessions)
- Dietetic Counseling (5 sessions)

Fee:	Original Price	\$12,557
	Discounted Price*	\$9,920

\*Valid for 90 days from the first session

### Application and Enquiries

Lifestyle Management Center

Tel: (852) 2275 6338

Email: [lmcc@twah.org.hk](mailto:lmcc@twah.org.hk)

Website: [www.twah.org.hk](http://www.twah.org.hk)

N-2411

## 素食烹飪教學

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。

地點： 本院Facebook專頁

## 運動課程

我們提供不同類型的運動課程，針對肌肉群訓練、壓力緩解、伸展、肌力和體能訓練。

### 伸展班 / 不求人按摩班

伸展班：伴隨着音樂節拍，專業導師指導各種伸展運動。不同年齡和體格人士，都可感受箇中樂趣。

不求人按摩班：學習利用按摩球和按摩滾筒放鬆全身肌肉，預防及改善痛症。

日期：	每兩個月一期（逢星期二/ 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）\$1,150 #會員價 \$690

### 跑步班

日期：	逢星期日
地點：	葵涌運動場*
費用：	六節 \$720（#會員價 \$480）

#會員價只適用於荃城會員

\*地點或會因應情況有所變動

## 私人 / 雙人健身訓練計劃

為參加者提供一對一或一對二的專業健身訓練，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	私人	雙人
一節（原價）	\$860	\$1,280
十節（優惠價）*	\$7,310	\$11,000
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

## 彈繩訓練（60分鐘）

4D Pro 彈繩訓練是一種創新的健身方式，結合力量訓練與有氧運動，專注於增強全身肌肉的力量、耐力和靈活性。這個課程適合各種健身水平的學員，有助改善心肺功能，同時提升核心穩定性和身體協調性。

費用	私人	雙人
一節（原價）	\$1,000	—
十節（優惠價）*	\$8,800	\$12,300

\*使用期限為第一次使用服務起計90天

## 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：	\$998
-----	-------

## 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：	一節（原價）	\$920
	四節（優惠價）*	\$3,280

\*使用期限為第一堂起計30天

## 12+5營養運動指導套餐

改善身體狀況由生活習慣開始，針對肥胖、三高及脂肪肝患者，六星期改善身體狀況。度身訂造個人化計劃及服務，配合彈性的時間安排，讓我們與您一起，守護及關注您的健康。

- 一對一私人健身訓練（12節）
- 本院註冊營養師飲食指導（5節）

費用：	原價	\$12,557
	優惠價*	\$9,920

\*使用期限為第一次使用服務起計90天

### 報名及查詢

健康生活促進中心

電話: (852) 2275 6338

電郵: lmc@twah.org.hk

網站: www.twah.org.hk