

## **Housing Channel**

### **Title: Estate Fitness Facilities (Fall Prevention – Part 1)**

Super                   Estate Fitness Facilities  
(Fall Prevention – Part 1)

Chan                   Do I look like the kung fu actor Sammo Hung Kam Bo?

Mui                   You mean the cyclist Wong Kam Po!

Uncle Chung           Chan, how old are you this year?  
                         You're not cycling gold medallist Wong Kam Po!

Mui                   Good morning, Uncle Chung

Super                   Gloria Chan  
                         Physiotherapist

Uncle Chung           Mui, you told me earlier you nearly fell over  
                         So I've brought my friend's daughter here today  
                         to show you how to use the estate's fitness facilities  
                         She's a physiotherapist at a home for the elderly

Mui                   Oh, that's great. Even Chan doesn't know how

Chan                   Don't I, really? My young friend  
                         don't you think I was doing well just now?

Gloria Chan           Yes, you were doing quite well  
                         but some of your postures were wrong  
                         Your hands weren't holding on to the seat  
                         your back was not straight  
                         and worse, you're panting too much  
                         which means you're overdoing it

Uncle Chung           She's right  
                         You won't get any fitter that way  
                         And you may harm your health

Mui                    My young friend, why don't you show us?

Gloria Chan        Sure. This fitness rack is for joints and this one's for legs

                      They exercise the joints in our knees

                      heels and thighs

                      They also strengthen the thigh muscles

Uncle Chung        Regular exercise

                      keeps your joints supple

                      and you won't fall over so easily

Gloria Chan        That's right. But it's very important to have the right posture

                      First, hold the seat tightly with both hands

                      Don't let your body sway

                      Straighten your back

                      and breathe smoothly

                      Maintain an average speed while exercising

                      don't go too fast

                      If you're a beginner

                      5 minutes will probably be enough

                      If you are used to this exercise

                      you can increase it from 5 to 10 minutes

Mui                    Exercising is not hard at all

Uncle Chung        With these estate fitness facilities to help us

                      we're already halfway there

Chan                    Your estate has fitness facilities too

                      Get this young lady to show you how to use them

Uncle Chung        It's not often Chan is so modest!

                      Okay, any time