

## 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