

Housing Channel

Title: Healthy Ageing in PRH Estates x Stay Active At Home

Super Dr Anne Fung
Assistant Director of Health (Elderly Health)

Super Ricky Yeung
Deputy Director of Housing (Estate Management)

Dr Fung Hi! Ricky, what a surprise to see you here!

Mr Yeung Yeah, Dr Fung!

 Elderly have to exercise more to stay fit.

 So I ask them to come out and join me to do exercise.

Mr Yeung it's raining! Let's take a shelter over there.

Dr Fung Sure!

Elder Too bad! We can't exercise when it rains.

Dr Fung Don't worry

 Let me introduce to you the series of home- based exercise
video "Stay Active At Home"

 so you can exercise under different weather conditions

Super Stay Active At Home

Dr Fung This series contains seven exercises videos

 designed by physiotherapists of the Department of Health

 They teach you how to strengthen your muscles

limb co-ordination and balance

improve your heart and lung function and postures.

They are good for all elderly, regardless of whether they exercise regularly or not

Mr Yeung

So even if the weather is bad

or during the pandemic,

the elderly, even those who are not fit enough to go out

can follow the videos and exercise at home any time

Dr Fung

Family members can do the exercise with their parents

or grandpa and grandma

Dr Fung

The elderly can also set up an online exercise class

with their friends by watching

and following the video to exercise together at their own home.

So they will not be alone!

Mr Yeung

Just look for this poster displayed at the lift lobby of your public housing block

scan the QR codes on the poster

Dr Fung

and you can watch all seven videos

Elder

Great! So we can exercise any time at home

All

Yeah!