

EIM Hong Kong



Prof Stanley HUI

National Center co-Director

Stanley Sai-Chuen HUI, Ph.D.

Affiliation

The Chinese University of Hong Kong

National Center Manager

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Host Institution – Physical Fitness Association of Hong Kong

The Physical Fitness Association of Hong Kong is a non-profit national sports association, which was established in 1986. The Association is recognized by the Hong Kong government and the Sports Federation and Olympic Committee of Hong Kong and is committed to professional development of physical fitness in Hong Kong. The vision of the Physical Fitness Association of Hong Kong is to establish physical fitness as a professional industry to better enable our professionals to create a healthy life for the public and a harmonious community atmosphere.



NC Advisory Board

Affiliation

Stanley HUI, Ph.D.

- Emeritus Professor, Department of Sports Science and Physical Education, Chinese University of Hong Kong

Alvin Yee-Shing CHAN, M.B.B.S.

- Council Member, Hong Kong Medical Association

Stephen CHEUNG, Ph.D.

- Vice-Chair, Hong Kong Association for the Promotion of Mental Health

Eva CHUN

- Physiotherapist, Hong Kong Physiotherapy Association

Adrian LIU

- Executive Committee Member, Physical Fitness Association of Hong Kong, China

Lobo LOUIE, Ed.D.

- Senior Lecturer and Associate Head of Department, University of Hong Kong
- President, Hong Kong Association of Sports Medicine & Sports Science

Andrea LUK, MBChB

- President, Hong Kong Association for the Study of Obesity

Sunny LUK, MBChB

- Physician, Honorary Treasurer, Hong Kong Doctors Union

Yuk-mun NG

- Head of Primary Healthcare/Allied Health, The Hong Kong Society for Rehabilitation

Michael TSE, Ph.D., CEP

- Director, Centre for Sports and Exercise, The University of Hong Kong

2024 Goals

- Raise funds to support various EIM projects in Hong Kong.
 - Collaborate with medical doctors, public health experts, and exercise professionals on all fundraising efforts.
 - Finalize the report for the “CUHK-JC EIM for Hypertension and Diabetes Patients” project.
 - Secure funding for an EIM On-Campus project at CUHK.
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Accomplishments to Date

- Officially established the EIM Hong Kong National Center at the Hong Kong Health Expo (2016)
- Launched EIM Hong Kong website in 2016, serving as a platform for the public to access the latest EIM activities in Hong Kong, as well as providing information and resources related to EIM-HK.
- Conducted a 7-hour, in-person training course at the HKASMSS Sports and Exercise Cardiology Symposium for 374 sports cardiologists (2022)
- Trained >1730 healthcare providers and 41,000 exercise professionals (between 2016-2020)
- Hosted the EIM Asian Regional Meeting in 2018
- Prof. Stanley Hui, the EIM-HK Director, has been appointed as an EIM Government Board member, specifically as the At-Large International Representative
- Successfully secured funding (HK\$65 millions) from the Hong Kong Jockey Club Charity Trust Fund for the "CUHK-JC EIM for Hypertension and Diabetes Patients" project
- Grant is to expand EIM efforts in the East New Territories (2019) with the Hospital Authority and the Leisure and Cultural Services Department, and involves collaborators from the Physical Fitness Association of HK, and the CUHK Department of Computer Sciences
 - A new website, mobile App, activity trackers and e-learning platform were developed
 - Established a network between public doctors in one health cluster in HK.
 - Referral of hundreds of patients with diabetes and/or hypertension to a network of EIM-trained fitness instructors for exercise training
- Hosted the EIM Health Conference Training in 2019, with 181 fitness instructors and healthcare professionals attending the conference. Additionally, 129 individuals participated in the EIM training, and 97 of them successfully passed the exam, becoming certified EIM fitness instructors for the "CUHK-JC EIM for Hypertension and Diabetes Patients" program
- Organized 94 EIM classes and provided exercise training to >1000 patients with diabetes and hypertension through the "CUHK-JC EIM for Hypertension and Diabetes Patients" project
- During COVID-19 (2020-22), exercise training programs were conducted virtually by the exercise professionals.
- In 2022, launched a new, online exercise program for patients with diabetes and hypertension
- Conducted an EIM Refresher Workshops 2023 - MOVE Away the Chronic Conditions for 135 healthcare providers and exercise professionals
- Started a network of 752 EIM ambassadors from diverse backgrounds, including medical professionals, fitness trainers, educators, public servants, corporate sector, and general public
- Four Hong Kong universities started EIM on Campus programs, with three (The University of Hong Kong, The Hong Kong Polytechnic University, and City University of Hong Kong) achieving Gold and one (Hong Kong Metropolitan University) achieving silver recognition

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is Medicine[®]
Hong Kong**