

跑走脂肪 你做得到!

Go,膏 Go!! V3.0

Dr. YC Woo

Sports & Recreation Subcommittee

Program

- Age > 18
- BMI ≥ 27.5
- Targets:
 - Finished DHK 5k or 10k run
- Health check before program
- 16 participants
- 3-4 of them are promoted to trainer's assistants

- Professional Coach



- 2 sessions per month

Here we go, go go!

- We started in Aberdeen in 2017



2 March 2017

We keep running in 2018 and 2019.

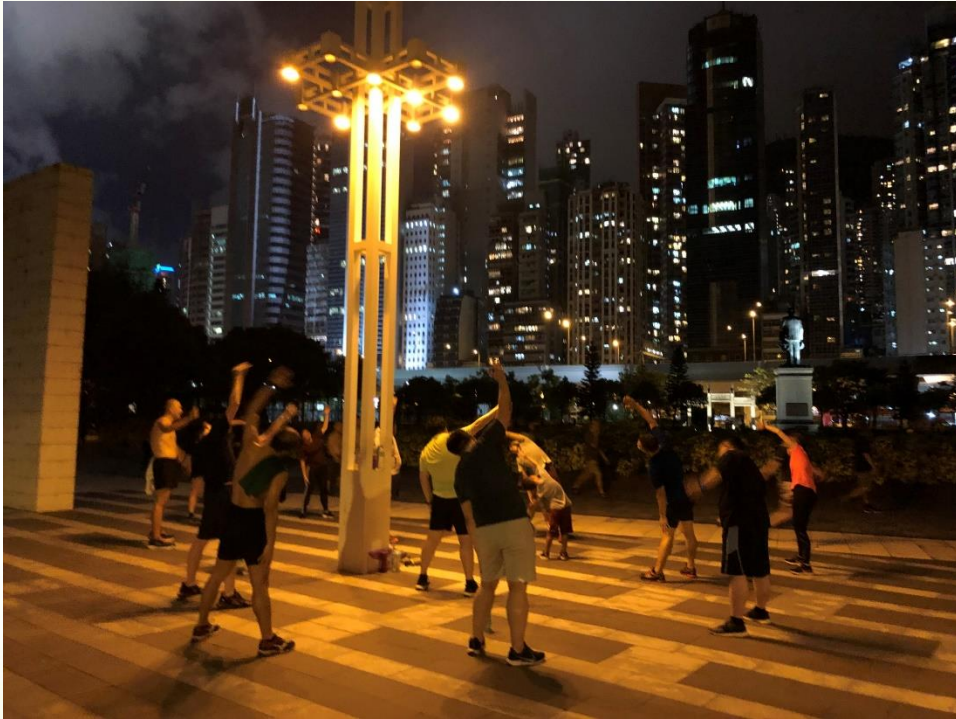






We still go, go go...

- @Sai Wan in 2020



Awards for the run

- 10K run
- A group of HCP selected as reference – doctors, nurses and pharmaceutical representatives
- Mean finish time & BMI
- Adjust 30 sec per $1\text{kg}/\text{m}^2$
- After adjustment:
 - Gold award if faster than HCP mean finish time
 - Silver if faster than mean finish time + 1SD
 - Bronze +2SD
 - Iron +3SD



Results:

Four needed to apply body weight handicap

10k runners: 8; 5k runners: 1

10k runners: 4 Gold, 2 bronze, 2 iron

Best 10k finisher: 0:48:00

5k runner: silver

We run with our own reasons



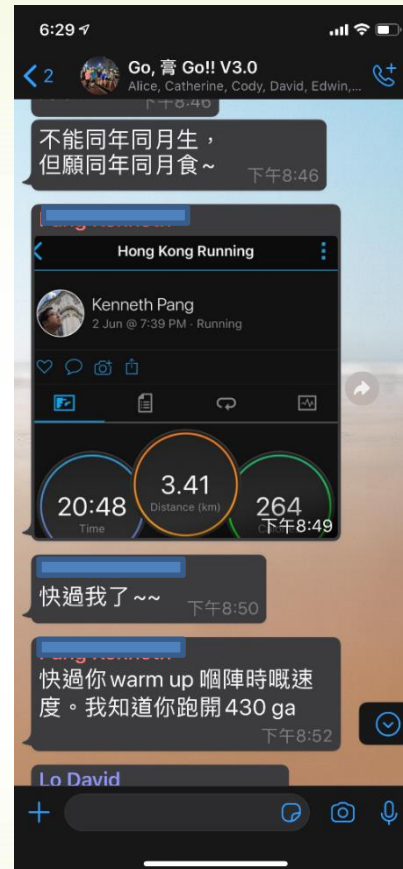
The results are encouraging!



We had to suspend our class after this run on 16 Jan 2020

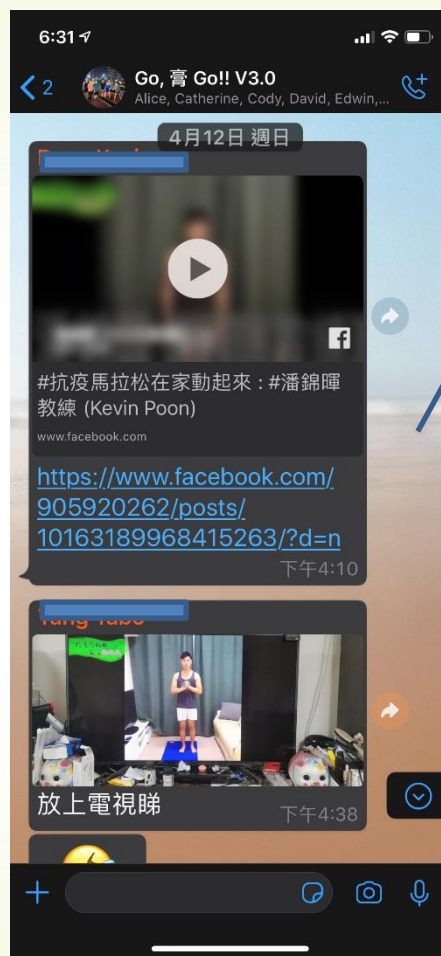


But we still run individually...



...with social distancing

And there is so much love in 膏...



Home
exercise
demo

Face mask from
Indonesia at times
of shortage



Someday we will meet again