

## Community Living Room – Promoting Members' Physical Health

### Transcript of Cantonese short video

Voiceover:

The “Pilot Programme on Community Living Room”, initiated by the Government and supported by the Commission on Poverty(CoP), focuses on assisting “subdivided unit” (SDU) households by providing additional living space and information on diet and nutrition along with health education and community resource information through seminars and community support services to enhance members' health awareness.

The To Kwa Wan Community Living Room(CLR) is a flagship project featuring a well-equipped fitness room with exercise bikes, treadmills, weight training equipment and health monitoring devices. Professional trainers regularly provide guidance encouraging members to exercise and maintain fitness while understanding their physical conditions including body fat and muscle mass measurements.

The CLR regularly host health education seminars, basic medical services like health consultations and check-ups with free Chinese medicine consultations being most popular. The Sham Shui Po CLR, sponsored by Sino Group and Ng Teng Fong Charitable Foundation collaborates with Hong Kong Baptist University's School of Chinese Medicine for the "Community Care Chinese Medicine Service" programme. Each session is fully booked, helping members improve health, relieve chronic pain, enhance quality of life and develop positive thinking.

[Super] Member of Sham Shui Po CLR

Member of Sham Shui Po CLR:

Thank to the Sham Shui Po CLR for providing this Chinese medicine service, I previously struggled with sleep and digestion. After consultation, both my sleep and appetite improved significantly. Members can use this service four times annually.

[Super]: Chinese Medicine Practitioner of Clinical Division, School of Chinese Medicine, Hong Kong Baptist University,

Mr. Chan Man Kin

Chinese Medicine Practitioner, Mr. Chan Man Kin:

Most patients here face multiple health challenges.

After treatment, they become healthier, more cheerful and optimistic.

[Video showing](Successive):

Sham Shui Po Community Living Room

Hung Hom Community Living Room

Nam Cheong Community Living Room

To Kwa Wan Community Living Room

Voiceover:

Currently there are four CLRs operating in Sham Shui Po, Hung Hom, Nam Cheong and To Kwa Wan serving at least 1750 SDU households with approximately 270000 annual attendances.