Active Campus Walking Trails

The Centre of Sports and Exercise of the University of Hong Kong, in collaboration with the University Health Service, has devised a series of routes around the campus to allow you to get active anytime whilst on campus. As you follow the routes you will not only actively improve your physical health, but also be a part of our active campus community.

Active along the way
There are numerous open spaces along the walking trails which are perfect for doing some basic bodyweight exercises and stretches. Exercises and stretches are easy to perform and can enhance your walking experience.

Studies have shown that bodyweight exercises and stretches are a good and efficient way to enhance your physical and mental performance. Engaging in a full body resistance training activity twice or more days per week improves physical performances as well as strengthening your core stability. Stretching on the other hand increases your flexibility and reduces stress.

Sitting behind a desk all day can cause back pain and other inconveniences. Adding resistance training and stretching to your daily routine helps you improve your muscle performance and posture, which in turn helps to alleviate some of the more common postural issues and allowing you to be more energized and work more efficiently.

Walking your way to health
For those more sedentary staff and students at the University who may spend a lot of time sitting, getting healthier and more active while on campus isn’t as difficult as one may think. Any increase in activity will benefit your health and need not be strenuous to be beneficial. Physical activity equivalent to 150 Calories, or 30 minutes per day, is already associated with health gains.

For those who may not have time to participate in sports or prefer not to go to a fitness center, brisk walking is one of the best and easiest forms of physical activity, and is an ideal way to reduce the risk of coronary heart disease. Walking may also reduce your risk of stroke, diabetes, osteoporosis and obesity. Studies reveal that 30 minutes of moderate exercise every day is beneficial to health. You do not need to do it in one single session, but you could actually divide it into three 10-minute sessions if necessary.

Health & Safety
Important Information – Please read before commencing any of the routes

- For personal security and safety these routes are recommended for use during daylight only.
- Always make sure you inform someone where you are going and when you are due back.
- Ensure you are well hydrated and carry a small drink with you.
- Wear appropriate footwear that you have walked in before.
- Carry a mobile phone if possible.
- Report any concerns you have or may have seen whilst using the routes.

Contact Us
For general enquiries feel free to contact us at:
Tel: 2872 1205 (SHSC & CSE Active)
Fax: 2855 0344
Email: activihp@hku.hk
Active Campus Walking Trail

To enhance your walk along the Active Campus Walking Trails there are open areas marked along the trail which provide an excellent place to do some bodyweight exercises and stretches. The exercises are easy to perform, using your own bodyweight and minimal equipment.

Basic recommendations that are endorsed from the American College of Sports Medicine (ACSM) and American Heart Association (AHA) are:

- **Moderate intense aerobic exercise**
  - 30 min a day, 5 days a week
- **Vigorously intense aerobic exercise**
  - 20 min a day, 3 days a week
- **8-10 Strength-training exercises**
  - 2-3 sets, 8-12 reps each exercise, **twice** a week

### Route Information

- **Distance:** 1.2 km
- **Duration:** 21 min
- **Calories:** 112 kcal
- **Number of Steps:** 2100 steps
- **Number of Stairs:** 150 steps
- **Difficulty level:** 📈📊📊📊

### Exercises and Stretches

#### Exercise 1 - Step Ups

![Step Ups](image1)

#### Exercise 2 - Bench Push Up

![Bench Push Up](image2)

#### Exercise 3 - Mountain Climbers

![Mountain Climbers](image3)

#### Exercise 4 - Seated Pistol Squats

![Seated Pistol Squats](image4)

#### Exercise 5 - Triceps Dips

![Triceps Dips](image5)

#### Exercise 6 - Flutter Kicks

![Flutter Kicks](image6)

#### Stretch 1 - Overhead Stretch

![Overhead Stretch](image7)

#### Stretch 2 - Seated Hip Stretch

![Seated Hip Stretch](image8)

#### Stretch 3 - Bent Over Stretch

![Bent Over Stretch](image9)

#### Stretch 4 - Arm Across Chest

![Arm Across Chest](image10)

#### Stretch 5 - Hip Flexor Stretch

![Hip Flexor Stretch](image11)

#### Stretch 6 - Bent Over Stretch

![Bent Over Stretch](image12)