

Department of Health to organise roving roadshow health campaign

The Department of Health (DH) will organise a roving roadshow health campaign in July and August this year to encourage members of the public to engage in physical activities in order to prevent non-communicable diseases (NCD) by developing and living a healthy lifestyle.

The roadshow health campaign will be held at designated locations across seven districts in Hong Kong. The first session of the campaign will be held next Tuesday to Sunday (July 9-14) at Tin Tsz Shopping Centre in Tin Shui Wai and the next will be held at Long Ping Commercial Centre in Yuen Long (July 16-21), Choi Yuen Plaza in Sheung Shui (July 23-28), Chung On Shopping Centre in Ma On Shan (July 30-August 4), Shun Lee Commercial Centre in Kwun Tong (August 6-11), Fung Tak Shopping Centre in Wong Tai Sin (August 13-18) and Leung King Plaza in Tuen Mun (August 20-25).

To motivate the public to take the first step to "move for health" and make physical activity part of their daily lives, DH has developed and choreographed three aerobic dances for the roadshow health campaign, namely Lively Dance, Stretching Dance and Household Fitness Dance. The campaign mascot Lazy Lion will join every Sunday (i.e. event day) and there will be demonstration of the three dances. The public can also join to move for health. Interactive games, prize quiz, photo booth with Lazy Lion, health information leaflets and exhibition panels will also be featured during the roadshow.

The roadshow health campaign is part of the "Healthy Hong Kong 2025 | Move for Health" campaign which was launched by DH in December last year. The campaign aims to encourage the public to "move for health" and increase their physical activity to build an active lifestyle and prevent NCD.

Members of the public are invited to take part in the roadshow. The schedule is as follows:

	Games and Exhibition Days (1pm-7pm)	Event Day (11am-5pm) (Mascot "Lazy Lion" will join and dances will be demonstrated)	Location
1st Session	July 9-13, 2019	July 14, 2019	Tin Tsz Shopping Centre, Tin Shui Wai

2nd Session	July 16-20, 2019	July 21, 2019	Long Ping Commercial Centre, Yuen Long
3rd Session	July 23-27, 2019	July 28, 2019	Choi Yuen Plaza, Sheung Shui
4th Session	July 30-August 3, 2019	August 4, 2019	Chung On Shopping Centre, Ma On Shan
5th Session	August 6-10, 2019	August 11, 2019	Shun Lee Commercial Centre, Kwun Tong
6th Session	August 13-17, 2019	August 18, 2019	Fung Tak Shopping Centre, Wong Tai Sin
7th Session	August 20-24, 2019	August 25, 2019	Leung King Plaza, Tuen Mun

Please follow Lazy Lion's Facebook (www.facebook.com/lazylionhk) and Instagram (www.instagram.com/lazylionhk) pages for his latest moves.