

National Day celebration: Walking Together in Healthy Bay Area – Walking Challenge under “10 000 Steps a Day” Campaign to open for enrolment in October

To promote the health benefits of walking, the Department of Health (DH) launched the "10 000 Steps a Day" Campaign in 2022 to encourage members of the public to increase their physical activities. The DH said today (September 25) that as the third phase of the Walking Challenge, this year's event coincides with the 75th anniversary of the founding of the People's Republic of China (PRC). The Health Bureau (HKB) and the DH will for the first time partner with the Greater Bay Area (GBA) Mainland cities to jointly promote walking to mark the celebration.

According to the [Population Health Survey 2020-22](#) conducted by the DH, nearly a quarter (24.8 per cent) of persons aged 18 or above performed an insufficient level of physical activities, and about one in seven (14.9 per cent) persons aged 15 or above reported spending 10 hours or longer sitting or reclining each day.

A spokesman for the DH said, "Walking is a simple form of physical activity that many of us engage in daily, and it brings us plenty of health benefits including improving cardiopulmonary function, strengthening muscles and bones, reducing the risk of chronic diseases such as obesity, hypertension and diabetes, as well as relieving symptoms of anxiety and depression.

"Adults are recommended to gradually increase their daily step goal to 10 000 based on an individual's own physical conditions, abilities, pace and circumstances. Any amount of walking is better than sitting, even if the goal cannot be reached yet."

Features of this year's Walking Challenge are as follows:

1. The Walking Challenge is one of the events marking the 75th anniversary of the founding of the PRC. Hong Kong and the GBA Mainland cities will organise walking activities at the same period under the common theme of "Walking Together in Healthy Bay Area".
2. Participants are required to enrol in the Walking Challenge and record their step count during the challenge period through "e+Life", the recently launched health challenge platform under the eHealth app. Participants reaching a daily average of 10 000 steps (around 7.5 kilometres in distance) during the challenge period can be awarded an electronic certificate of achievement from the "e+Life" platform.

3. With the slogan "Shall We Walk and Talk", the Walking Challenge includes a Workplace Organisation Walking Challenge, which aims to raise public awareness of the physical and mental health benefits of walking, encourage friends and colleagues to support each other and walk 10 000 steps daily.

Details of the Walking Challenge in Hong Kong are as follows:

- Target participants: adults aged 18 or above
- Individual enrolment period: October 1 to 31
- Workplace organisation enrolment period: On or before October 15; after the workplace organisations are successfully enrolled, their staff members can enrol from October 1 to 31 and select their representing organisations
- Challenge period: November 1 to 30

Interested individuals can enrol through "e+Life" by logging into the eHealth app, commencing on October 1. Interested workplace organisations can register with the DH for the Walking Challenge on or before October 15. After successful enrolment of the workplace organisation, their staff will be able to select their respective organisations when enrolling through "e+Life", and the step counts of participating staff will be attributed to the organisation they choose. Moreover, participants only need to connect the "e+Life" platform with their mobile health tracking apps of their own mobile phones during the challenge, and their steps will be recorded on the "e+Life" platform. This initiative encourages everyone to walk 10 000 steps with friends for health.

For details, please visit the event website of the Walking Challenge (www.10000stepsaday.hk/?lang=en) and the website of "e+Life" (app.ehealth.gov.hk/eliflife-overview).

Moreover, the HHB launched the new "e+Life" health challenge platform in September to allow eHealth users to join various health challenges, log their daily exercises and accumulate health coins by interfacing with tracking applications. In collaboration with the Education Bureau, the DH and the Leisure and Cultural Services Department, the HHB rolled out earlier the first health challenge, the "e+ Go to Park" game, on September 14. The "e+ Go to Park", primarily targeting students, is similar to the "10 000 Steps a Day" Campaign, which encourages members of the public to increase their physical activities. By utilising various game modes in "e+ Go to Park", students are expected to be motivated to go outdoors with their parents and friends, and enjoy the fun of playing games and exercising together. More health challenges will be introduced on the "e+Life" platform to improve the public's physical and mental health.