

Diecut size : 532mm (W) x 125mm(H)

Front

香港心臟專科學院

WORLD HEART DAY  
世界心臟日  
2024-25

健心跑 暨 心臟健康嘉年華  
Carnival cum Run for Heart

Organizer  
主辦機構 :



香港心臟專科學院  
Hong Kong College of Cardiology

Initiated by :  
聯合發起組織 :



香港心臟專科學院  
Hong Kong College of Cardiology

香港心臟專科學院於一九九二年成立，乃醫學專業團體及認可的慈善機構，旨在優化心臟病的醫療水平，並致力改善香港市民的心臟健康。學院現有院士三百零八名及會員一百二十三名。  
The Hong Kong College of Cardiology is a charitable organization founded in 1992. It aims at upkeeping the highest standard of cardiovascular practice and working towards the improvement of heart health amongst people of Hong Kong. There are now 308 Fellows and 123 members.



世界心臟組織聯會  
World Heart Federation

世界心臟組織聯會以瑞士日內瓦為基地，是一所世界性的非政府機構。該會由來自一百多個國家超過二百個心臟專科學會及心臟基金會所組成，致力協力全球各地，特別是中、低收入國家的居民預防及控制心血管疾病及中風。  
Based in Geneva and as a non-governmental organization, the world heart Federation leads the global fight against heart disease and stroke, with focus on low- and middle-income countries via a community of more than 200 member organizations that brings together the strength of medical societies and heart foundations from more than 100 countries.



網站 Website:

[www.hkcchk.com](http://www.hkcchk.com)



[www.worldheartday.org.hk/](http://www.worldheartday.org.hk/)



[www.hkhearthealth.com](http://www.hkhearthealth.com)



網站 Website:

[www.world-heart-federation.org](http://www.world-heart-federation.org)



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### 飲食降膽



低脂低糖飲食除了可以減肥，亦可以減少壞膽固醇，減低血管堵塞的風險。  
Low fat and low sugar diet not only help to reduce weight but also lower cholesterol level, thus reducing the risk of vascular occlusion.

### 減重控糖



肥胖是糖尿病的主要風險因素之一，肥胖人士減重有助降血糖，減低患上糖尿病的風險。  
Obesity is one of the major risk factors for diabetes. Losing extra weight can help lower blood sugar levels and reduce the chances of getting diabetes.

### 減壓健心



過重會增加心臟泵血時的壓力，控制體重有助降低血壓、預防高血壓及其他心血管疾病。  
Being overweight will increase workload on the heart. Managing weight helps lower blood pressure, prevent hypertension, and reduce the risk of other cardiovascular diseases.

### 運動燒脂



適量的帶氧運動有效消耗熱量燃燒脂肪，更有助強化心臟功能、維持心血管健康。  
Moderate exercise effectively burns calories and fat. It also helps strengthen heart function and maintain cardiovascular health.

### 瘦肚護心



中央肥胖會大大增加患心血管疾病風險，所以減走大肚腩對維持心臟健康非常重要。  
Central obesity significantly increases the risk of cardiovascular diseases. Therefore, losing belly fat is crucial for maintaining heart health.

## Inside

由香港心臟專科學院主辦之世界心臟日，本年度活動內容如下：  
The Hong Kong College of Cardiology is going to organize the World Heart Day again this year. Major activities are as follows :

# 世界心臟日 2024-25

## 健心跑 暨 心臟健康嘉年華 Carnival cum Run for Heart

5 Jan, 2025 (SUN)

7 a.m. - 3 p.m.

香港科學園  
Hong Kong Science and Technology Parks

心臟健康講座  
Heart Health Talk

「世界心臟日」  
啟動禮暨新聞發布會  
"World Heart Day"  
Press Conference  
and Kick-off Ceremony

「世界心臟日」  
香港心臟基金會  
繪畫比賽  
"World Heart Day"  
The Hong Kong Heart Foundation  
Drawing Competition

查詢 Enquiry:  
2899 2035



[www.worldheartday.org.hk/](http://www.worldheartday.org.hk/)  
World Heart Day



[www.worldheartdayrun.hk/](http://www.worldheartdayrun.hk/)  
Run for Heart



<https://hkhearthealth.com/>  
H2C