



Prof Stanley HUI

National Center Director

Stanley Sai-Chuen HUI, Ph.D.

Affiliation

The University of Macau

National Center Manager

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Affiliation

The Chinese University of Hong Kong

Host Institution – Physical Fitness Association of Hong Kong

The Physical Fitness Association of Hong Kong is a non-profit national sports association, which was established in 1986. The Association is recognized by the Hong Kong government and the Sports Federation and Olympic Committee of Hong Kong and is committed to professional development of physical fitness in Hong Kong. The vision of the Physical Fitness Association of Hong Kong is to establish physical fitness as a professional industry to better enable our professionals to create a healthy life for the public and a harmonious community atmosphere.



NC Advisory Board

Affiliation

Stanley HUI, Ph.D.

- Emeritus Professor, Department of Sports Science and Physical Education, Chinese University of Hong Kong

Alvin Yee-Shing CHAN, M.B.B.S.

- Council Member, Hong Kong Medical Association

Chung Mau CHAN, M.B.B.S.

- Chairperson, Hong Kong Association for the Promotion of Mental Health

Adrian LIU

- Executive Committee Member, Physical Fitness Association of Hong Kong, China

Lobo LOUIE, Ed.D.

- Senior Lecturer and Associate Head of Department, University of Hong Kong
- President, Hong Kong Association of Sports Medicine & Sports Science

Andrea LUK, MBChB

- President, Hong Kong Association for the Study of Obesity

Sunny LUK, MBChB

- Physician, Honorary Treasurer, Hong Kong Doctors Union

Yuk-mun NG

- Head of Primary Healthcare/Allied Health, The Hong Kong Society for Rehabilitation

Michael TSE, Ph.D., CEP

- Director, Centre for Sports and Exercise, The University of Hong Kong

Alexander WOO

- President, Hong Kong Physiotherapy Association

2025 Goals

- Raise funds to continue supporting the EIM-Jockey Club project in Hong Kong
 - Explore possibility of establishing an EIM Academy to sustain the provision of EIM services for the public
 - Collaborate with medical doctors, public health experts, and exercise professionals on all fundraising efforts
 - Finalize the report for the “CUHK-JC EIM for Hypertension and Diabetes Patients” project and publish findings
 - Secure funding for an EIM On-Campus project at CUHK
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Accomplishments to Date

- Officially established the EIM Hong Kong National Center (2016)
 - Launched EIM Hong Kong website (2016) to allow public access to latest EIM HK activities and provide EIM-related resources
 - Secured funding (HK\$65 millions) from the Hong Kong Jockey Club Charity Trust Fund for the CUHK-JC EIM for Hypertension and Diabetes Patients project (2019-24)
 - Grant expanded efforts in the East New Territories with the Hospital Authority and the Leisure and Cultural Services Department, involving collaborators from the Physical Fitness Association of HK and the CUHK Department of Computer Sciences
 - Developed a new website, mobile App, activity trackers and e-learning platform
 - Established a network between public doctors in one health cluster in HK
 - Referral of hundreds of patients with diabetes and/or hypertension to a network of EIM-trained fitness instructors for exercise training
 - The District Health Centers in all 18 HK districts are planning to launch primary healthcare services to bring exercise programmes to patients with hypertension and diabetes (2024)
 - Four of 8 HK universities have EIM On Campus programs, three achieved gold status (2024)
 - Conducted an EIM Refresher Workshop called MOVE Away the Chronic Conditions for 135 healthcare providers and exercise professionals (2023)
 - Started a network of 752 EIM ambassadors from diverse backgrounds, including medical professionals, fitness trainers, educators, corporate sector, and general public (2022)
 - Completed an impact assessment of EIM Ambassador Program (2023-24)
 - Launched a new, online exercise program for patients with diabetes and hypertension (2022)
 - Conducted a 7-hour training course at the HKASMSS Sports and Exercise Cardiology Symposium for 374 sports cardiologists (2022)
 - Hosted EIM Health Conference (2019) for 181 fitness instructors and healthcare professionals attending, with 129 individuals participating in the EIM training to become certified EIM fitness instructors for the "CUHK-JC EIM for Hypertension and Diabetes Patients" program
 - Organized 94 EIM classes and provided exercise training to >1000 patients with diabetes and hypertension through the "CUHK-JC EIM for Hypertension and Diabetes Patients" project
 - Hosted the EIM Asian Regional Meeting in 2018
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