

Do you find that you are lacking energy and have put on a few more pounds than you might like? You could be putting your health at risk!

Volunteer for this FREE 12-week fully-supported fitness program supervised by professional trainers at HKU!

Be part of this meaningful study on the **Benefits of Physical Exercise on Obesity-related Metabolic Diseases in Chinese Men**

Physical exercise is an effective intervention for controlling body fat and the risks of chronic metabolic diseases. The aim of this study is to explore the efficacy of different types of exercise in the prevention of obesity-related diseases. The mechanisms surrounding the beneficial effects of exercise will also be explored, which will improve the understanding of how to use exercise as a tool to improve one's health condition and the need to make it a part of our daily life.

Recruitment criteria:

Male Chinese aged 21 to 60, not currently involved in regular vigorous exercise or diet programs and are either:

- * Generally good health with normal body weight; **OR**
- * Overweight with a BMI score of ≥ 25 ;
[BMI calculation = weight (in kg)/height (in m²)]

What benefits will you get as a Volunteer?

1. Free 12-week Professional fitness instruction

Volunteers will take part in a 12-week program including both strength and aerobic trainings (3 times per week) supervised by a professional specialist.

2. Comprehensive health assessments

Volunteers will get health assessment prior to training, at 4 weeks and at the end of 12 weeks of training to evaluate their metabolic index, health status and fitness as you improve and progress.

3. State-of-the-art training facility

All training sessions will be conducted at our fully equipped training center, located at the University of Hong Kong Centennial Campus; IHP Active, 3rd Floor of Jockey Club Tower.

4. Free workshops by fitness/medical experts.

.....and the best benefit of all will be personal RESULTS of enhanced health and fitness!

Program commencement and registration:

Date: Project and training will officially commence on **Sep. 5, 2016** and continue for 3 months (Monday, Wednesday and Friday, 7:00-8:00pm).

Transport and other subsidies will apply where applicable.

Registration Link: <https://goo.gl/zRMvxp>

For further registration details and enquiries, please contact:

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