Organizer
Hong Kong College of Cardiology

World Heart Day 2023
Carnival cum Run for Heart

世界心臟日 2023

跑步強心齊齊齊GO
運動強心
運動可以強化心臟肌肉，每周至少150分鐘中強度/75分鐘高強度帶氧運動，可以提高心臟泵血能力。
Exercising can strengthen the heart muscle. 150 mins of moderate-intensity/75 mins of vigorous-intensity aerobic exercise per week can improve the heart’s ability to pump blood.

躍動身心
定期運動可以增加血管彈性，亦能減壓，有效令血壓降低，維持身心健康。
Exercising can increase the flexibility of blood vessels and reduce stress, thus lower blood pressure. Regular exercise can improve both physical and mental health.

運動降膽
定期運動可以提高「好」膽固醇和降低「壞」膽固醇，改善膽固醇水平。
Regular exercise can improve cholesterol levels by raising HDL (“good”) cholesterol and lowering LDL (“bad”) cholesterol.

減重健心
透過運動燃燒卡路里和增加肌肉，可以保持健康的體重，減低心血管疾病的風險。
Exercise can help manage weight by burning calories and building muscle. Maintaining a healthy weight can reduce the risk of cardiovascular diseases.

急救護心
運動雖然健康，但亦有少許猝死風險，學習急救技能傍身就可以安心運動。
Exercise also carries a risk of sudden cardiac death. Learning basic first aid skills can help you handle emergencies better.
The Hong Kong College of Cardiology is going to organize the World Heart Day again this year. Major activities are as follows:

**World Heart Day 2023**

**健心跑暨心臟健康嘉年華**

**WHD2023 Carnival cum Run for Heart**

**日期**Date: 23/10/2023

**時間**Time: 8am-4pm

**地點**Venue: 香港科學園

**Hong Kong Science and Technology Parks**

**「世界心臟日」啟動禮暨新聞發佈會**

**“World Heart Day” Press Conference and Kick-off Ceremony**

**世界心臟基金會繪畫比賽**

**“World Heart Day” The Hong Kong Heart Foundation Drawing Competition**

**環球健步行**

**Global Embrace**

查詢 Enquiry: 2899 2035

[www.worldheartday.org.hk](http://www.worldheartday.org.hk)  [www.worldheartdayrun.hk](http://www.worldheartdayrun.hk)
香港心臟專科學院
Hong Kong College of Cardiology

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

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.