

## **Workshop 8: Practical Tips for Building a Stronger Body for our Young**

8/10/2016 10:15 am – 11:45 am

**Moderator: Mr. Josiah CHIU Sung-Kei** Country Manager for Education First, China

**Speaker: Dr. Lobo LOUIE** Associate Director, Dr. Stephen Hui Research Centre for Physical Recreation and Wellness; Associate Professor, Department of Physical Education, Hong Kong Baptist University

**Title: Overcoming the Barriers to Children Physical Activity: What can we do in Hong Kong?**

### **Abstract:**

Technological progress has indeed added a great deal of convenience to our daily lives, leading to the fact that people are getting less physically active than in previous decades. Insufficient physical activity is one of the top leading risk factors for global mortality. People who are insufficiently physically active have a 20% to 30% increased risk of all-cause mortality compared to those who engage in at least 150 minutes of moderate intensity physical activity per week, or equivalent, as recommended by WHO. Regular physical activity reduces the risk of ischaemic heart disease, diabetes, breast and colon cancer. Additionally, it lowers the risk of stroke, hypertension, and depression. Globally, 81% of school going adolescents are not physically active and adolescent girls are less active than boys, with 84% versus 78% not meeting WHO recommendations (WHO, 2016). Current children physical activity data in Hong Kong revealed that less than 10% of our school children are physically active. The percentages of school children in Hong Kong who were overweight and obese increased up to nearly 25% in 2014. Previous studies revealed that variables that were consistently associated with children's physical activity included gender, parental overweight status and support, physical activity preferences, academic pressure, intention to be active, perceived barriers, previous physical activity, healthy diet, program/facility access, and time spent outdoors, etc. The present presentation attempts to understand the common barriers to children physical activity and creating strategies to overcome them.

**Speaker: Mr. Leslie George SANTOS** Chief Operating Officer of Chelsea FC Soccer School (Hong Kong)

**Title: Soccer Affects Life**

### **Abstract:**

I am going to share my personal growth process, the way to help the disadvantaged through soccer, the difficulties encountered in implementing service and what the children or children with special needs have changed and transformed through soccer. In this session, we will explore the communion problem of how to share and learn from each other through playing soccer.