

健步 祛三高



活動簡介:

持久且適當強度和份量的健步活動，配合飲食及/或藥物治療，可提高人體的新陳代謝能力和速度，從而有助消耗體內脂肪，血糖，進而舒減三高情況。恆常步行活動也可以段練肌肉及促進心肺機能強壯，使血流、元氣及淋巴液運行暢順更可以緩解壓力及抑鬱症狀等益處。

近日一些西醫對三高(慢性病)患者，除用藥外，更開出運動處方，使療效更顯著及持久。

惟知易行難，往往半途而廢！集體步行活動有助有志者互相鼓勵、支持以及善意督促，以步行作為強心健體的成功機會大大增加。

本活動旨為有志以步行祛三高的朋友提供機會；由經驗導師指導帶領，一起暢行大多市內山徑或步道，達到祛三高目標。

本課程共四節。第一節介紹簡單的健步技巧(步行姿勢及呼吸方法，常見的步行損傷及處理方法，步行安全須知及步行好去處等)培養步行習慣達到促進心肺機能，修身和強身健體之目的，其後三節將按學員興趣及體能安排行程。

領隊: C. K. Lung

安省行山者協會認證行山領隊

Certified hike leader by Hike Ontario (#5660)

(www.hikeontario.com)

健步資訊講座:

8月10日 早上9:30至11:30

講座地點:

105 Gibson Centre (中心內的106B 號室)
105 Gibson Drive, Markham ON, L3R 3K7
(近TTC 53E和68路車站)

健步日期:

9月14日, 10月12日, 11月9日

時間:

星期六, 早上8:30至11:30

地點:

部份大多市內山徑或步道

費用:

會員每位 \$15, 非會員每位 \$20

截止報名日期:

2019年8月2日

其他行程細節：

報名必須提供電郵地址聯絡，如若行程因天氣原因需要取消會以電郵通知

- 請於以上出發時間前十五分鐘到達集合地點。徒步旅行將準時出發，恕不等候。
- 欲免向隅，請從速訂位。報名以先到先得方式安排，請參閱以下詳情。
- 參賽者必須年滿18歲或以上

報名詳情：

如欲查詢有關課程資料，請致電加拿大糖尿病協會多倫多華人分會(電話：416-410-1912)。

- 報名支票抬頭請填上: Diabetes Canada – Toronto Chinese Chapter
- 報名表格連同支票須於2019年8月2日前寄回本分會；地址為：
Diabetes Canada – Toronto Chinese Chapter
P. O. Box # 42071
2851 John Street, Markham, Ontario, L3R 5R7
- 每位參加者必須於報名表格上簽妥「免責聲明」，並附上聯絡資料。
- 本會將於2019年8月5日前以電話聯絡閣下以通知作實。一經確定，恕不退款。如閣下於此日期前尚未收到通知，請即與本分會聯絡，請即本會聯絡416-410-1912。
- 如欲申請成為會員，請登入本會網站 www.diabetes-chinese.ca 下載會員申請表格 (或留言 416-410-1912 索取)，填妥後並連同旅行團報名表格及支票一併寄回本會辦理。

姓 Surname	名 Given Name	會員號碼 Membership No.	新會員(✓) New Member	住址或電郵地址 Address or E-mail	聯絡電話 Contact No:
			參加人數 Total number of participants	支票總額 Total cheque amount	\$

*新會員請填寫會員申請表，並與此報名表一起寄回本分會。

免責聲明

根據加拿大法律規定，「免責聲明」必須以英文書寫。以下為英文版的「免責聲明」。

THIS AGREEMENT is made by the undersigned (which shall bind his heirs, assigns and personal representatives) in favour of Diabetes Canada – Toronto Chinese Chapter and all its committee members, advisors, officers, agents, employees, volunteers, sponsors and patrons (hereinafter collectively called the “Association”).

NOW BY THIS AGREEMENT:

1. In consideration of the Association accepting the undersigned as its member/visitor, the undersigned hereby COVENANTS with the Association that the undersigned shall waive all his right and claims against the Association for damages or otherwise with regard to his injury, illness or death or loss or damage to his property that may arise from participating or in connection with any activities organized by the Association including but not limited to qigong class -or practice, outings and social functions such as karaoke singing and shall further keep the Association fully and effectually indemnified against all actions, proceedings, accounts, claims or demands (and all costs and expenses incurred in connection therewith) which may be brought or made or threatened to be brought or made by the undersigned or any person relating to the aforesaid.
2. The undersigned agrees that he will consult his own physician and obtain such necessary medical advice as may be appropriate before joining any activities of the Association.
3. For the purposes of this Agreement, (where the context permits) any gender shall mean and include all other genders and the singular shall mean and include the plural and vice versa.
4. The undersigned confirms that he has read and fully understands the contents herein and has obtained appropriate legal advice upon the request of the Association to consult his own lawyer before signing this Agreement.

Date: _____ Print Name: _____ Signed: _____
(日期) (正楷姓名) (簽名)

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Date: _____ Print Name: _____ Signed: _____
(日期) (正楷姓名) (簽名)

*根據法律要求，請務必用英文填寫正楷姓名 (Print Name) 一欄。

