



## Talk 1a - Physical Activity 專題 1a – 體能活動

**Project No.:** 04110035

**Project Title:** Using “Think, Act, Contribute”(TAC) as a unique way to promote healthy living in Tuen Mun District

**Administering Institution:** Department of Sociology and Social Policy, Lingnan University

**Project Team Members:**

1. Prof Alfred CHAN Cheung-ming (Chair Professor of Social Gerontology, Department of Sociology and Social Policy, Lingnan University)
2. Mr Nicholas OOI Tyan-chyi (Project Officer, Office of Service-Learning, Lingnan University)

**Abstract:**

Health is more than the absence of disease or infirmity. According to the WHO, health includes physical, psychological and social aspects. The proposed project adopted a new model with three progressive learning processes: THINK, ACT & CONTRIBUTE (TAC). It aims to first prepare young people and elderly to understand TAC concepts in different perspectives (THINK). Then physical activity (ACT) will be taught. Lastly, participants are encouraged to promote healthy exercises and knowledge in the community (CONTRIBUTE). TAC Model is a combination of psychological, physical and social health. Sharing a similar mission as Tuen Mun Healthy City Association Limited, we cooperate and adopt the TAC model to spread healthy ideas in the community. Unlike ordinary exercise program, this project packaged regular exercise programs with health-related seminars and workshops. Health leaders (TAC-Health Leaders) will be trained as trainers to further promote healthy lifestyles and create a supportive environment in sustaining healthy lifestyles in Tuen Mun.