

主辦機構
Organizer

FOOD
SPORT

受惠機構
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IMPACT HK



線上跑 跑手須知

Virtual Runner's Guide

12-27 Dec 2020



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f 膳動衡 FOODSPORT | g HUNGERRUN2020 | @ FOODSPORT_HK

✉ Foodsport@symbol-of.com | ☎ (852) 5243 0520 / (852) 3611 0334

鳴謝 Acknowledgment

衷心感謝以下機構贊助及支持「Chill Hea為食跑2020」，一起推動運動轉化食糧概念，讓跑步及汗水變得更有意義。

“HUNGER RUN 2020” would like to express our heartfelt thanks to the following sponsors and supporting organizations for supporting “HUNGER RUN 2020” while promoting the Social Innovation of FOODSPORT’s Calories-to-Food concept, makes every drop of sweat is for a good caused.

主辦機構
Organizer



大會指定相片辨別系統
Official Photo Tagging System



場地贊助
Venue Sponsor



其他贊助
Other Sponsors



支持機構
Supporting Organizations



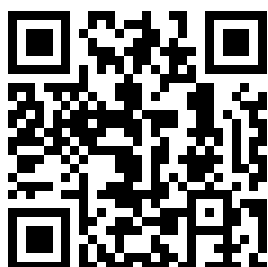
活動策劃
Event Management



綠色夥伴
Green Partner



受惠機構
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序言 Preface



創辦人 黃子萌先生
Mr. Healthy Wong, Founder
膳動衡 FOODSPORT



膳動衡一直以來都深信運動可以將人與社區連接起來，鼓勵更多人透過運動去認識和關懷我們的社區，將大家的卡路里化成食糧助社群。

今年疫情帶來的挑戰困難重重，令大部份膳動衡的社區活動都轉移至線上進行，雖然疫情令大家減少出席社交活動，但感恩它並沒有減低大家做運動捐卡路里的決心，在最困難艱苦的時候繼續向基層送上祝福和溫飽，捐出超過3,055,262千卡路里的食物，受惠多達過萬人。非常多謝大家一直以來的支持、努力和付出。

今屆「為食跑」很高興能夠邀請到日本超人氣貼圖王「卡娜赫拉的小動物」來到香港與大家一齊落地跑，並召集4,000多人齊響應膳動衡「為食而跑」的精神，將卡路里捐出，意義非常。但可惜最近疫情反覆，令籌備約半年的「為食跑」亦無法逃避疫情所帶來的影響，並需改為線上形式舉行。雖然無法舉行實體跑，但我們上上下下的工作人員及義工們都鼓勵大家能繼續努力參與，為受惠機構「ImpactHK」籌集食物。

本人謹代表膳動衡衷心感謝各位參加者、贊助商、社會各界人士及組織的支持及參與，特別是「香港足球總會」提供了賽馬會香港足球總會足球訓練中心作本活動的大會會場，讓為食跑成為首個於此地舉行的大型跑步活動。

今年為食跑更首次與社會福利署合作，聯繫葵青區的低收入家庭和少數族裔人士參與本慈善跑，以跑步連繫人和社區，攜手建立一個健康和共融的社會。

我們更要感謝其他贊助商、合作夥伴及香港特別行政區政府的多個部門，包括西貢區議會、西貢民政事務處、警務處、地政署、運輸署、消防署、康樂及文化事務署及義工等的協助，成就第6屆的為食跑。

FOODSPORT has always been striving to connect people and the community, to share love and care to the people with needs by donating calories through sports.

It has been a very challenging time since the beginning of the pandemic, many of FOODSPORT's community activities has gone virtual. Despite people are keeping social distanced by avoiding to attend social gathering events, it has not reduced everyone's desire to keep exercising for hunger, and successfully raised more than 3,055,262kcal of food benefited more than 10,000 under privileged people. We are very thankful for all of your support and contribution.

The 6th HUNGER RUN has invited Kanahei's Small animals from Japan, and recruited estimating 4,000 runners to join our meaningful action, donate calories and run for hunger in Hong Kong. But it is very unfortunate that the event will be going virtual as the pandemic continues threatening our health and safety. We hope the spirit of all participants will not be put down and everyone will continue to strive to complete the run for raising calories for our beneficiary "ImpactHK".

On behalf of FOODSPORT, I would like to give special thanks all participants, sponsors and supporting organization for the support and participation, especially the Hong Kong Football Association for providing the venue "Tseung Kwan O Jockey Club HKFA Football Training Centre" for this year's event, making HUNGER RUN as the first running event organized in the venue.

Moreover, we have cooperated with the Social Welfare Department for the first time, providing opportunities for low-income families and ethnic minorities in Kwai Tsing District to participate in this meaningful charity running event, connecting people and the community through running, together we build a healthy and inclusive society.

Last but not least, many thanks to our sponsors, supports from the business sectors, Hong Kong Government departments, including Sai Kung District Council, Sai Kung District Office, Hong Kong Police Force, Lands Department, Transportation Department, Fire Service Department, Leisure and Cultural Service Department and other supporting organizations, and of course, each and every participants and volunteers to make the 6th HUNGER RUN happen.



創辦人 Jeff Rotmeyer
Mr. Jeff Rotmeyer, Founder
ImpactHK



ImpactHK是香港一個致力為無家者提供食物、住屋、教育、就業機會，以及社區關懷的慈善機構，我們相信能夠透過不同善舉解決本地迫在眉睫的無家者問題。由最初只是懷抱著簡單目標，定期每月一次為無家者派發食物開始，展開了我們的旅程。

現時我們每週於全香港不同地區派發3000份餐盒，過去3年內已成功為超過200位人士提供容身之所。我們明白單靠提供就業機會及住屋並不足夠，過往經驗一再證明全面性的援助更為關鍵，故此我們亦為所支援的人群提供不同定期課程及諮詢服務，最重要的是，ImpactHK協助這些被迫無家可歸的人建立聯繫和社區歸屬感。

我們由衷感激FOODSPORT的慷慨支持，同時期待將來攜手合作，為無家者帶來更多不同機會。

ImpactHK is a non-profit that provides the homeless in Hong Kong with food, shelter, education, employment opportunities and community. We believe in the power of kindness in addressing the pressing problem of homelessness in Hong Kong. Our journey started with a simple aim of doing one act of kindness per month for those experiencing homelessness - a going out on the streets and delivering food.

Now we serve 3,000 meals per week all across Hong Kong and in just three years we have provided shelter for more than 200 people. But we know that providing homes and jobs alone is simply not enough. We have demonstrated time and time again that a holistic approach is needed which is why we offer a timetable of classes and counselling for the people we work with. Above all, ImpactHK provides connection and a sense of community for those who have been forced to live without a home.

We are extremely grateful to FOODSPORT for their support and generosity. We are very excited to be working together to bring opportunities to those experiencing homelessness.

#kindnessmatters

ImpactHK started with the ambition of just doing one act of kindness every month for the homeless in Hong Kong. Now years later it is a non-profit that provides the homeless with food, shelter, education, employment opportunities and friendship. We serve 3,000 meals every week and have helped over 200 people into shelter.

We do this because Kindness Matters. We have created the Kindness Matters brand to show the power of kindness and demonstrate what we can do when we come together and care for one another.

100% of profits go towards providing housing and employment for the homeless in Hong Kong.



Caps & T-Shirts

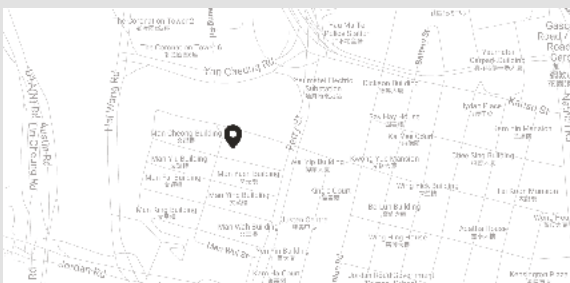


Colombian and Brazilian Coffee



Kindness Matters Mugs

Come visit us at our store



Address: G/F, Man Wai Building,
18 Man Wai St, Jordan

 ImpactHK

 @impacthkcharity

<https://www.kindnessmattersshop.org/>

Kanahei's Small animals Piske&Usagi

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Kanahei's Small animals

成人裝
FOR ADULTS
175mm x 95mm

30片 PIECES

3層構造強效專業口罩

3-PLY HIGH PERFORMANCE MASK



內層
吸濕透氣 柔軟舒適

中層
有效過濾懸浮粒子及
95%以上細菌

外層
安全阻隔飛沫

產品特點

- 三層無紡布，對細菌、細小顆粒和液體的阻隔性能極佳
- 過濾效能
PFE+BFE>95%
PFE+BFE>95%
- 柔軟舒適的無紡布
- 耐用柔軟的耳帶

銷售點、售價詳情，
請掃QR Code



Kanahei's Small animals
Piske&Usagi

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關於為食跑 About HUNGER RUN



『萌』名全宇宙，令人無法抗拒的日本超人氣貼圖王「卡娜赫拉的小動物」，今年將首次跑到香港，參加由社會企業「膳動衡FOODSPORT」主辦的第六屆大型慈善跑步活動「為食跑2020」，以線上跑的形式和粉絲們一齊為食而跑！

『Chill』正P助(Piske)和『Hea』爆粉紅兔兔(Usagi)繼續以「Chill Hea為食跑 2020」為主題，大家仍然可以享受2、4及10公里的線上跑，讓大家釋放負能量，在路跑中盡情放空、放下煩擾跑走累氣；



今年有P助和粉紅兔兔一齊參加為食跑，將大家於線上跑活動中所消耗的卡路里轉化

為同等卡路里的食糧給予慈善機構「ImpactHK」幫助香港有需要人士，加入『Chill Hea』家族一齊給予社區關愛、友誼和聯繫，建立有愛的社會，發放正能量！

「Kanahei's Small animals x HUNGER RUN Chill Hea 為食跑 2020」線上跑會有新玩法、新體驗，不受任何地方空間限制，大家隨時隨地都可以盡情享受跑步的樂趣！於指定日期內完成賽事後，大會會將完成獎牌及/或完成證書寄給每一位參加者。

是次活動的收益（包括賽事報名費）在扣除籌辦成本及食物捐贈後，餘下款項將撥作支持膳動衡的「食物援助計劃」和「社區體育發展」之用，令「膳動衡 FOODSPORT」的社區運動推廣計劃可持續地發展及舉辦更多不同範疇的活動。

Japanese character Kanahei's Small animals is coming to Hong Kong to participate the 6th annual charity running event "HUNGER RUN 2020", organized by social enterprise FOODSPORT, running with it's fans for hunger! The event features 2km, 4km and 10km virtual run, where Piske and Usagi will free all of your minds to chill out during the running.

Piske and Usagi will also be joining the calorie drive movement, where all burnt calories from the event participants will be converted into the equivalent amount of calories worth of food for donation to our beneficiary "ImpactHK", providing food assistance, love and care to those in need the people in need!

There will be new rules and new experiences in the virtual running for every participant. Everyone can enjoy the fun of running anytime and anywhere! After completed the running within the specified date, we will send the finisher medal and/or completion certificate to each participant.

The proceeds of the event, after deduction of the event operating and food purchasing for donation costs, will go to "Food Assistance Program" and "FOODSPORT Community Sport Program", support FOODSPORT to sustain and expand it's community calorie drive programs in Hong Kong.

線上跑守則 Virtual Run Instructions



活動日期 : 12/12/2020 (12:00am HKT) - 27/12/2020 (11:59pm HKT)
地點 : 地點不限
只需於活動限期內完成您參加的項目距離
完成獎牌送貨日期 : 2021年1月29日或之前送到您登記的地址

Virtual Run Date : 12/12/2020(12:00amHKT) - 27/12/2020 (11:59pm HKT)
Event Location : Regardless of location
complete your run within the event period
Delivery of Finisher Medal : On or before 29th January 2021 to your registered address

步驟 Step



限期內完成您的項目 Complete your run with the event period

地點及時間不限，參加者需於限期內一次性完成您參加的項目，並使用任何手機應用程式(APP)或運動手錶來記錄您的「距離」、「完成時間」及「卡路里消耗數值」等資料。

Regardless of the time and location, participant must **complete their run within the event period in ONE go** and use any mobile applications (APP) or activity trackers to track your running "distance", "Finishing Time" and "Calorie Burn" etc.

建議手機應用程式(APP) Suggesting Mobile Applications(APP)

Strava	Garmin Connect	COROS
Suuto	Fitbit	Amazfit
Polar Beat	Endomondo	Samsung Health
Apply Health	Google Fit	Nike Run Club
Runtastic	Run with Map My Run	RunKeeper

線上跑守則 Virtual Run Instructions



步驟 Step



上載線上跑記錄平台

Upload your Virtual Run records to portal

完成項目後，請於12月27日(11:59pmHKT)或之前登入「上載線上跑記錄平台」並提交您的資料及上載跑步截圖記錄。

大會將於參加者完成提交後三至四個工作天內進行檢核，如您提交的記錄被接納，您將會收到「完成線上跑電郵」確認您已完成挑戰。如提交的記錄不被接納，大會工作人員會直接與您聯絡安排跟進。

When you have completed the run, please submit and upload your virtual run records (Screenshot) to the portal BEFORE 27th December 2020 (11:59pm HKT).

The officials will review your submissions within 3 - 4 days after your submission. An "Virtual Run Record Confirmation Email" will be sent to those approved records to confirm the success of your submission. Should the record was not approved, an Official will contact you to follow up accordingly.

跑步截圖樣本

Virtual Run Screenshot Samples

上載的跑步截圖記錄必須清楚顯示：
距離、完成時間及卡路里消耗數值等資料。

The screenshot MUST show the running "Distance", "Finishing Time" and "Calories Burn Value" records clearly.



步驟 Step



上載線上跑記錄平台

Upload your Virtual Run records to portal

當您提交的記錄被大會接納，完成獎牌及電子證書將於
1月29日或之前送到您登記的地址及電郵。
(只限完成賽事的參加者)

活動注意事項：

1. 參加者需於限定時間內成功完成上載程序。
2. 上載的線上跑的記錄(截圖)必須清楚顯示：距離、完成時間及卡路里消耗數值等資料。
3. 如大會發現上載資料與事實不符，該記錄有機會不被接納，參加者有機會需要重新上載記錄或後補資料。
4. 本地紀念品郵費已包含。中國內地及海外參加者則須自行到付郵費。
5. 只限完成賽事及符合上載要求的參加者，才可獲得精美完成獎牌及電子證書。



Upon the confirmation of your record is approved by the Officials, a Finisher Medal and e-certificate will be posted and emailed to your registered addresses ON or **BEFORE 29th January 2021**.
(Only those participants who completed the race)

Remarks :

1. All participants must be submitted and completed within a limited period.
2. The running record (Screenshot) MUST show the running "Distance", "Finishing Time" and "Calories Burn" records clearly.
3. Participants must ensure that all submissions are true and accurate. FOODSPORT reserve the right in their discretion to disqualify any submissions in the event of any false submissions. Should the record is NOT approved, participants may be required to resubmit the record.
4. Local Postage fees included. Surcharge (COD) will apply to deliveries to Mainland China and overseas.
5. Only those participants who completed the run and have their records approved by officials, will receive the finisher medal and e-certificate.

線上跑守則 Virtual Run Instructions



活動細則 Terms and Conditions



1. 大會將不會向參加者提供卡路里量度裝置。參加者需自備及使用任何可量度消耗卡路里的裝置為卡路里計算工具(如:運動心率錶或手機應用程式APP等)
2. 活動屬自願參與性質,參加者願意承擔一切風險及責任,並無權向主辦單位/包括大會、活動策劃及贊助商/支援機構追討由往返活動場地中、活動中發生或其他原因而引致之自身受傷、意外、死亡或任何形式的損失索償或追究責任,大會建議參加者自行購買個人意外保險。
3. 參加者必須確保其身體狀況適宜參加活動,如懷孕或患有慢性疾病如心臟病等的人士,大會建議參加者在活動前徵詢醫生建議及進行檢查,以確保其身體狀況適合進行跑步項目。
4. 大會在得悉或懷疑的情況下,保留取消或不容許任何不適宜參加的人士的參加資格之權利。一旦參加者遞交申請及參與跑步項目:
 - a. 參加者向大會保證及確保其身體狀況適宜參與及完成跑步項目;及
 - b. 如參加者因其身體狀況不適宜參與及完成跑步項目而引致
 - i. 其或他人受傷或身亡; 及
 - ii. 任何財物損失,參加者同意負責一切損失。
5. 如參加者引起公眾不安,或作出其他大會認為不當的行為,大會有權取消參加者活動資格。
6. 參加者本人願意授權予大會及傳媒使用參加者本人的肖像、姓名、聲線及個人資料作為活動推廣及發佈活動資訊之用。
7. 大會保留更改活動條款及細則之權利。如有任何爭議,大會保留最終決定權。
8. 若英文本與中文本之間如有任何歧義,則以中文本為準。

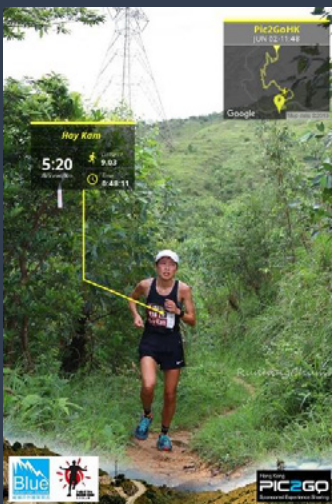
1. The organizer will not provide devices to participants for the use of calorie calculation in this campaign. Participants are required to use their own devices (e.g. exercise heart rate monitor or mobile app, etc.)
2. Participants understand and agree that participation in the Event is voluntary and at the own risk of the participants. The Organizer, its entrusted service providers, event agency and all sponsors, supporters, and other contributors will not be responsible for any accident of whatever kind, resulting in death or injury, and/or any damage, loss or destruction of personal properties participants may suffer in this event from any cause whatsoever, including negligence. We recommend that you arrange for your own personal accident insurance coverage.
3. Participants should make sure their health conditions are suitable for the race. Those who are pregnant or suffer from any chronic disease like heart disease should seek medical advice in advance.
4. The Organizer reserves the sole right and discretion to disallow or disqualify any person who is known or suspected to be physically unfit to participate in the event. By submitting his/her application and subsequently taking part in the run, the participant:
 - a. Warrants and confirms to the Organizer that they are physically fit to take part in and complete the run; and
 - b. Agrees to indemnify the Organizer and hold the Organizer indemnified and harmless for
 - i) any injury or death suffered by the participant himself/herself or any other persons; and
 - ii) any property damage as a result of the participant not being physically fit to take part in and complete the run.
5. The Organizer reserves the right to disqualify participants who commit any conduct, which arouses public concern or is other deemed in appropriate by the Organizer.
6. Participants agree that the Organizer may use the participant's photographs, name, audio and visual recordings and other personal data in any publicity or promotional materials as the Organizer may in its sole and absolute discretion decide.
7. The Organizer reserves the right to contact participants for information regarding their registration.
8. In case of discrepancies between the English and the Chinese versions, the Chinese version shall prevail.

為賽事贊助商提供有效率及持續性宣傳

Pic2Go 客戶群主要是賽事主辦單位及項目贊助商。我們透過嶄新的相片及影片辨別技術，提供跑手完賽後的尊屬相片及影片集；Pic2Go 的整合方案還能配合主辦單位不同要求。<<跑手個人影片>> 更是 Pic2Go 獨一無二的技術，把跑手的相片及影片剪輯成個人的珍貴片段，給跑手留下每一個在賽道上珍貴而難忘的回憶。

Pic2Go - Wider Reach, Deeper Engagement and Better ROI for sponsored Sport Events

Pic2Go targets to event organisers and sponsors. We use a patented barcode technology for helping race organizers and their sponsors to boost their brand engagement. Participants can instantly get their own photo album and can share their photos easily. Personal Video Solution is also a unique feature by Pic2Go, which Pic2Go would systematically add the participant's photos and videos into a video clip and each participant can share their own personal video.



選手個人相片集 Personal Photo Album

選手相框可以有所不同，有效率地提供宣傳效果，相片還能提供選手比賽時間及配速 Enriched with personal performance data at each point along the course.

- ✓ 配速，時間，距離 Pace, Time, Distance
- ✓ 路線及拍攝位置 Route and Location on Map
- ✓ 選手提供的名字及賽事資訊 Runners and Race Details

選手個人影片 Personal Videos

系統將選手相片及影片整合成個人影片，當中可包含選手的賽資訊 Participants get Personal video enriched with performance data

- ✓ 配速，時間，距離 Pace, Time, Distance
- ✓ 影片前段及後段可加入大會資訊 Customizable Into/Outro
- ✓ 大會完成時間 Official Finish Time



歡迎各賽事主辦單位或贊助商與我們聯絡
Please feel free to contact us if you have any inquiry

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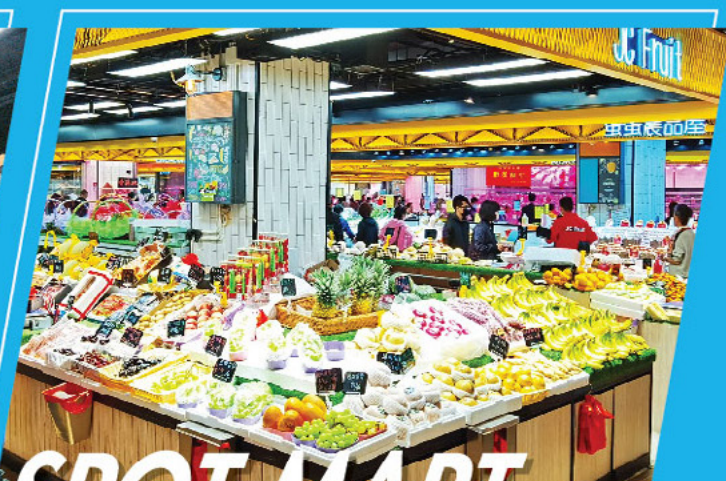
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* Terms and conditions apply 所有推廣受有關條款約束

新界將軍澳唐明街2號 (港鐵將軍澳站A1出口步行約5分鐘)
2 Tong Ming Street, Tseung Kwan O, New Territories
(5 mins walking distance from MTR Tseung Kwan O Station A1)

TKO SPOT

跑手必備裝備

RUNNING ESSENTIAL

跑步手機臂套

SMARTPHONE ARMBAND

\$69

尺寸 POCKET SIZE

8 cm x 14.3 cm / 9 cm x 15.9 cm



DECATHLON

YOUR PARTNER IN SPORTS



冷泡無糖

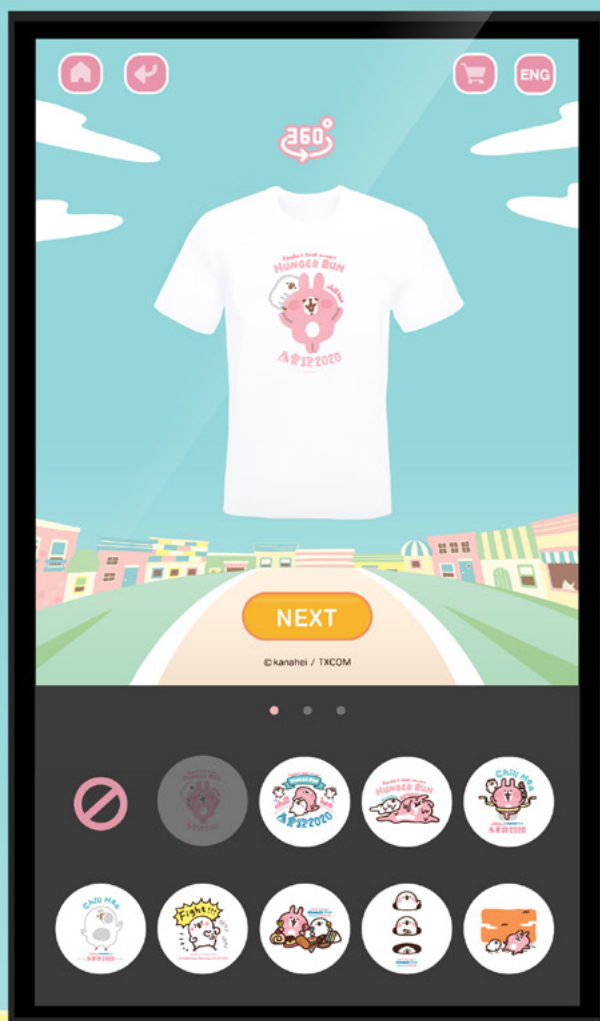
錫蘭檸檬茶



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全方位素食及綠色生活資訊平台 「Taste of Veg」



集網上購物、食肆資訊，及食譜於一身，
為愛好素食、綠色生活的朋友提供各式各樣的產品及生活資訊！

綠色生活資訊

- 定期接收各式各樣的素食產品及綠色生活資訊



綠色食肆介紹，創意素菜食譜

- 搜羅本地最新素食餐廳資訊
- 集齊多款精選家常素菜食譜



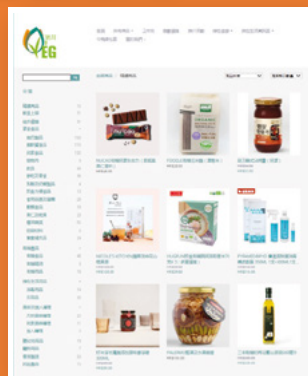
有趣工作坊，綠色活動推介

- 舉辦不同會員尊享有趣工作坊
- 重點推介各類熱門綠色活動



高質「素」生活購物平台，會員著數優惠

- 雲集過百款精選素食及綠色生活產品
- 多項驚喜優惠一浪接一浪



立即加入Taste of Veg，尊享以下會員禮遇！

- 獨享TOV網店購物優惠
- 定期接收素食及綠色生活資訊
- 會員生日購物金回贈
- 尊享其他素食門市、餐廳及活動優惠
- 優先參加各類TOV 舉辦之活動
- 免費參觀皇牌活動「樂活博覽暨亞洲素食展」

追蹤 Taste of Veg專頁
緊貼最新綠色資訊！

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Cledor
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特濃朱古力
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粒粒布朗尼
蛋糕



雜錦雪條



蜜瓜雪條



椰子雪條



士多啤梨雪條



芒果雪條



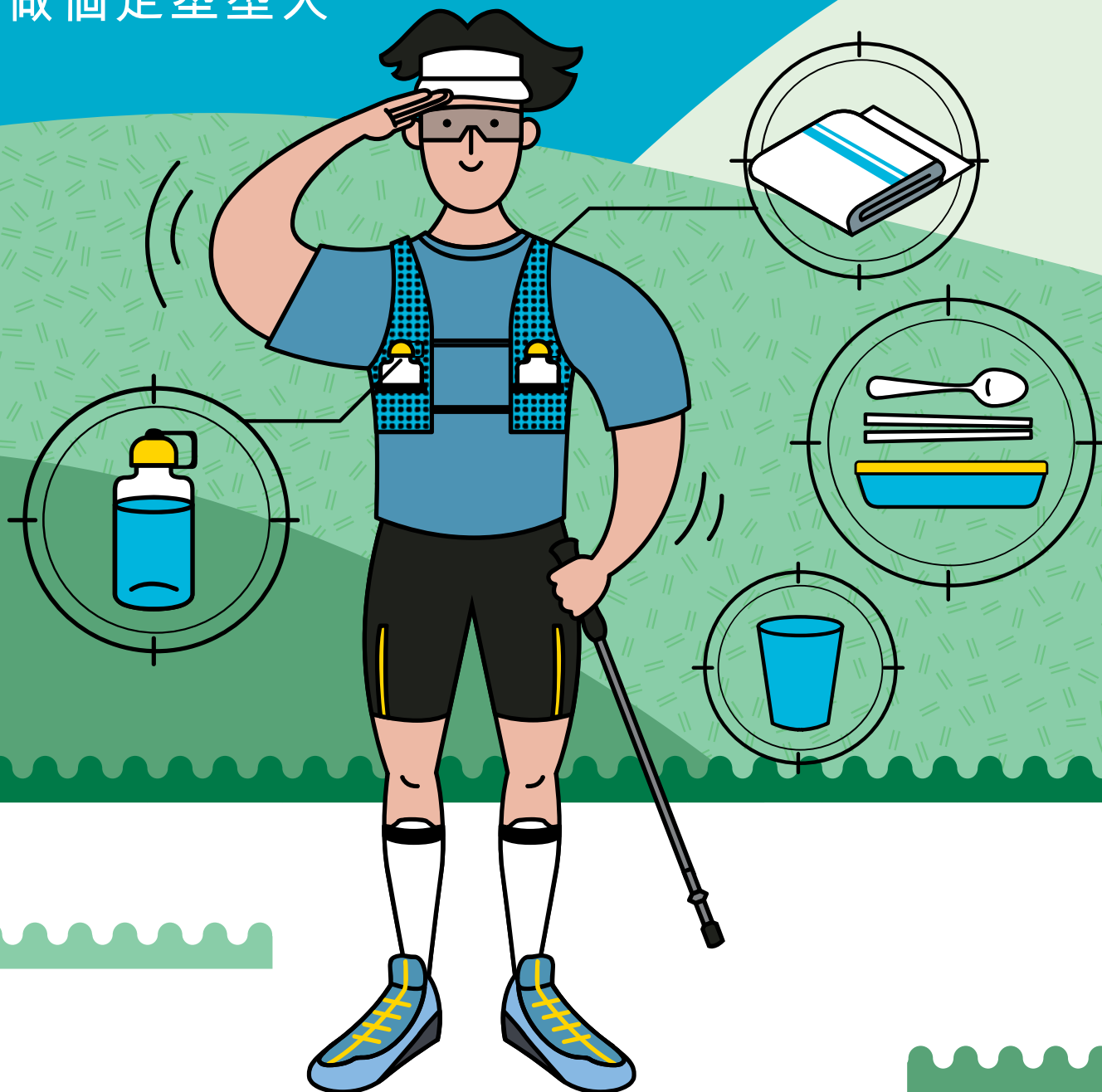
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關於膳動衡 About FOODSPORT



膳動衡 (FOODSPORT) 是社會企業「善幫愛聯盟 Symbol of Alliance」旗下的社會創新項目，揉合了運動與食糧兩大元素，帶出以運動轉化食糧的概念，在鼓勵大眾多做運動的同時，亦社會上有需要人士或團體籌集食糧，解決他們的健康及飢餓等問題，共同建立一個可持續發展健康生活的社會。

FOODSPORT主要是透過舉辦參與不同形式的運動活動，將活動中參加者所消耗的卡路里由專業註冊營養師計算出來並轉化為同等卡路里（或更多）食物，以不同形式捐贈予社會上有需要人士或慈善團體，為他們籌集食物，共同建立一個可持續發展健康生活的社會。讓運動流的每一滴汗更有意義！

以運動籌集大家一點一滴的汗水，化為食糧。

“FOODSPORT” is a social innovation initiative of Hong Kong Social Enterprise “Symbol of Alliance”. By combining FOOD with SPORT, FOODSPORT aims to encourage the community to participate in sports programs which, at the same time, raise food for the needed ones to develop a healthy and sustainable society.

In this campaign, FOODSPORT assemble the energy (Calories) burnt in FOODSPORT events and programmes, where nutrition advisors will calculate the total calories burnt from participants and convert it into food units for donation to the charities and to the people with needs in Hong Kong.

Making every drop of sweat counts.



受惠機構 Charity Partners

膳動衡會為不同的慈善機構和非牟利組織提供食物援助的重要糧食及資源來源，透過加入我們的網絡，慈善機構能夠減少購買核心食物的支出，並將金額用於其他服務方面。

FOODSPORT is an important food resource to local charities and non-profit organisations that run food assistance programmes for those in need. By joining our network, charities are able to reduce the amount of money spent on core food items and redirect this to other service provisions.

支持我們 Support Us

- 支持膳動衡的方式多，所有方式都能對我們為社區的弱勢社群提供實質的幫助和推動健康生活文化，為社會帶來正面的改變。方式包括：
- 以行動參與膳動衡的活動，捐出您的卡路里。
- 成為我們的合作夥伴，舉辦或參與不同類型的活動，鼓勵全城參與捐卡路里行動，推廣健康生活文化。
- 活動及食物贊助，支持膳動衡舉辦更多活動，為更多有需要人士籌集食物。歡迎短期或長期活動或食物贊助。
- 成為我們的義工，在城市燃燒起來，感染他人動起來。
- There are many ways to support FOODSPORT, each and every way is equally important to help us to promote healthy living and address poverty and hunger issues.
- Take action, donate your calories by joining our events / activities.
- Be our partner, co-organize or joint event together to foster the city to donate their calories for a healthier living.
- Be our event & food sponsor, together we organize more calorie drive events to address hunger. welcome short term and long term event and food sponsorship.
- Be our volunteer, light up the city to encourage others to start moving.



膳動星期三網上捐卡路里計劃 FOODSPORT Wednesday Online Calorie Drive Programs Charity Partners

「膳動星期三」是膳動衡線上的卡路里（食物）籌集的計劃。參加者只需要在限定時間內做運動，使用任何可量度消耗卡路里的裝置計算卡路里，並將紀錄再上傳至我們的網上平台，捐出您的卡路里幫助有需要的人。

FOODSPORT Week is a online calorie drive campaign organized by FOODSPORT, where participants can simply submit their calories record to our online platform for calorie-to-food conversion to the people with needs.



Exercise For Hunger Be A Calorie Donor

膳動企業計劃 FOODSPORT Corporate Programs



膳動衡定期舉辦不同類型的食物捐贈義工活動，將籌集的卡路里轉化成食物，透過不同形式（如上門探訪、食物包裝等），義工們可親手將食物分享至慈善團體及社會上有需要人士手上。

FOODSPORT organize regular Food Donation Volunteer Events, to donate the raised calories (food), directly to the hands or the needed ones.

食物捐贈義工活動 Food Donation Volunteer Events

膳動衡作為一個專業的健康生活和市場及業務拓展平台，致力為各行業的企業客戶量身定做專業的健康方案及可持續發展的企業社會責任計劃，提升品牌形象及場價值。我們的服務包括：

- 企業社會責任諮詢
- 健康企業員工計劃
- 企業團隊訓練計劃
- 市場調查和業務拓展諮詢

FOODSPORT is a professional health consultation, marketing and business development platform for corporations, strives to help corporates to build a healthy and sustainable social responsibility program, to enhance the brand image and market value. Our services include:

- Corporate Social Responsibility Solutions
- Staff Wellness Programme
- Corporate Team Training Programme
- Consultancy and Advisory for Marketing and Business Development





膳動衡相信運動不單只可以強身健體，更可豐富人生。

膳動衡定期舉辦不同類型的社區運動及食物捐贈義工活動，更為不同企業及團體量身定做專業的企業團隊訓練計劃及健康工作坊，鼓勵各界人士「動」起來，與我們一起建立及推動健康生活文化，同時更為社會上有需要人士籌集食物，舒緩香港社區的健康、飢餓及貧富懸殊等問題。

透過運動，拉近人與人之間的距離；透過食物，建立一個更健康的社會。

FOODSPORT believes sport is not only to keep fit, but also to enrich lives. FOODSPORT organizes regular Community Sports and food donation volunteer events / activities for publics to join. Thus, we also customize corporate training and wellness programs for corporates and organizations to build a healthy living culture, and to burnt more calories to address hunger and poverty in Hong Kong.

SPORT can narrow the distance between people; FOOD can build a healthier Society.



Run on 溫社區街跑計劃 FOODSPORT Community Street Run Pro Advice



「RUNON溫」是膳動衡以跑步為主要元素的一系列卡路里（食物）籌集社區活動，透過社交媒體招攬同好，參加者可透街跑遊走各區各地的大街小巷，欣賞各區的特色建築物，接觸周遭的人和事，感受社區的脈搏，真正地享受跑步帶來的樂趣之同時，應用運動轉化食糧的概念，將參加者消耗的卡路里化為幫助人的能量，身體力行幫助他人！

“FOODSPORT Community Street Run” is a series of Calorie Drive Street Running program organized by FOODSPORT. Through our recruitment of the runners from the Social media, we will take runners to run and explore different districts and routes, to feel the pulse of the city, and at the same time, burning calories to raise food for under-privileged groups in Hong Kong.

賞山樂膳行社區遠足計劃 FOODSPORT Community Urban Hike Programs

「賞山樂膳行」是膳動衡以一系列卡路里（食物）籌集的社區遠足計劃。由專業的遠足團隊帶領大家遠離煩囂鬧市，進入大自然的世界，感受大自然恬靜之美，喚醒大家對健康及社會的關注，了解建立健康生活態度的重要性之同時，亦為社會上有需要人士籌集食物。

“URBAN HIKE” is a Calorie Drive Community Hiking program organized by FOODSPORT. Professional Hikers will take you to explore different sceneries and view Hong Kong from a different angle, to raise awareness on green & healthy living and address Hong Kong poverty and hunger issues by donating all burn calories to the people with needs.





www.foodsport.com.hk

 膳動衡 FOODSPORT