

## **Appendix**

### **About The Jockey Club We WATCH Healthy Lifestyle Project**

A key element of The Jockey Club We WATCH Healthy Lifestyle Project is the personalised advice provided by health coaches. They are required to complete a training course provided by CU Medicine's The School of Public Health and Primary Care, and pass an assessment to ensure that they possess the professional knowledge and skills needed to provide healthcare and personalised coaching. Health coaches design tailored activities and provide personalised support for each participant, considering their interests, needs and time constraints, and prioritising their most pressing issues. Participants continuously communicate with coaches to identify ways to make effective behavioural changes in their lives. 18 health coaches have completed the training and provided health coaching to nearly 1,670 people.

For more information, please visit: <https://www.jc-wewatch.org.hk/>.