

每日步行8000步
身體健康精神好
Healthy 8000 Steps Companion

天天踏出八千步 步履維艱減到
Regular Exercises will Keep You Slim and Fit

步行前往地鐵站 踏出健康第一步

為宣揚步行對身體健康的好處，地鐵公司加入與香港醫學會一起推廣「每日步行八千步·身體健康精神好」計劃，鼓勵乘客步行往返地鐵站。

香港人生活繁忙，很多人都覺得在百忙中抽空做運動十分困難，但大家可能未必察覺在每天往返地鐵站時其實已做了運動。而乘搭地鐵時，由地鐵站入口步行至月台，平均要步行二百六十步，有助保持身體健康。

為使乘客可以做到每日步行八千步的目標，我們特別將由「地鐵特惠站」步行至指定地鐵站，以及由香港站步行至中環站的步數計算出來，表列如下：

起點	終點	步數
中半山行人電梯系統 「地鐵特惠站」	香港站(E出入口)	1080
	中環站(D2出入口)	1230
	上環站(E2出入口)	1250
百滙電腦城「地鐵特惠站」	上環站(A2出入口)	675
香港站東涌綫月台	中環站港島綫月台	480
	中環站荃灣綫月台	650
集成中心「地鐵特惠站」	灣仔站(A4出入口)	600
	銅鑼灣站(B出入口)	860
華潤大廈「地鐵特惠站」	灣仔站(A5出入口)	1300
和富中心「地鐵特惠站」	北角站(A1出入口)	820
	炮台山站(B出入口)	860
海港城「地鐵特惠站」	尖沙咀站(A1出入口)	809
中港城「地鐵特惠站」	尖沙咀站(A1出入口)	1100
	九龍站(A出入口)	1900
半島中心「地鐵特惠站」	尖沙咀站(G出入口)	1080
駿發花園「地鐵特惠站」	油麻地站(C出入口)	450
啟德花園購物商場「地鐵特惠站」	黃大仙站(C2出入口)	1250
企業廣場「地鐵特惠站」	九龍灣站(A出入口)	1500
盈暉家居城「地鐵特惠站」	美孚站(C1出入口)	750
大角咀市政大廈「地鐵特惠站」	旺角站(A2出入口)	990
	奧運站(C出入口)	1038
	太子站(C2出入口)	1050
新世紀廣場「地鐵特惠站」	旺角站(B3出入口)	700
	太子站(B2出入口)	850
英皇娛樂廣場「地鐵特惠站」	荃灣站(B出入口)	760
青怡花園「地鐵特惠站」	青衣站(B出入口)	1100
富寧花園商場「地鐵特惠站」	坑口站(A出入口)	1050
尚德商場「地鐵特惠站」	將軍澳站(A1出入口)	830
長發商場「地鐵特惠站」	青衣站(A出入口)	750
大窩口邨商場「地鐵特惠站」	大窩口站(B出入口)	850

地鐵有限公司保留隨時更改上述資料的權利並毋須事前通知，如有查詢，請致電地鐵熱線 2881 8888。



香港醫學會
THE HONG KONG
MEDICAL ASSOCIATION



地鐵公司
MTR Corporation

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Walk to the MTR and Step Your Way To Better Health

To promote the healthy benefits of walking, the MTR Corporation has joined as a partner in the Hong Kong Medical Association's "Healthy 8000 Steps" Campaign to encourage walking to and from MTR stations.

Many people find it difficult to squeeze time out of their busy schedules to exercise. People may not be aware of it, but actually, they are already exercising when they walk to and from MTR stations each day and it takes an average of 260 steps when they walk from the station entrance to the platform.

To help make it easier for people to attain the prescribed 8000 healthy steps each day, the number of steps between the MTR Fare Savers and designated MTR stations as well as between Hong Kong and Central Stations have been counted and listed as follows:

Start Point	End Point	No. of Steps
Fare Saver in Mid-Levels Escalator and Walkway System	Hong Kong Station (Entrance E)	1080
	Central Station (Entrance D2)	1230
	Sheung Wan Station (Entrance E2)	1250
Fare Saver in Broadway Computer City	Sheung Wan Station (Entrance A2)	675
Hong Kong Station - Tung Chung Line Platform	Central Station - Island Line Platform	480
	Central Station - Tsuen Wan Line Platform	650
Fare Saver in C C Wu Building	Wan Chai Station (Entrance A4)	600
	Causeway Bay Station (Entrance B)	860
Fare Saver in China Resources Building	Wan Chai Station (Entrance A5)	1300
Fare Saver in Home World Provident Centre	North Point Station (Entrance A1)	820
	Fortress Hill Station (Entrance B)	860
Fare Saver in Harbour City	Tsim Sha Tsui Station (Entrance A1)	809
Fare Saver in China Hong Kong City	Tsim Sha Tsui Station (Entrance A1)	1100
	Kowloon Station (Entrance A)	1900
Fare Saver in Peninsula Centre	Tsim Sha Tsui Station (Entrance G)	1080
Fare Saver in Prosperous Garden	Yau Ma Tei Station (Entrance C)	450
Fare Saver in Kai Tak Garden Shopping Arcade	Wong Tai Sin Station (Entrance C2)	1250
Fare Saver in Enterprise Square	Kowloon Bay Station (Entrance A)	1500
Fare Saver in The Household Center	Mei Foo Station (Entrance C1)	750
Fare Saver in Tai Kok Tsui Municipal Building	Mong Kok Station (Entrance A2)	990
	Olympic Station (Entrance C)	1038
	Prince Edward Station (Entrance C2)	1050
Fare Saver in Grand Century Place	Mong Kok Station (Entrance B3)	700
	Prince Edward Station (Entrance B2)	850
Fare Saver in Emperor Plaza	Tsuen Wan Station (Entrance B)	760
Fare Saver in Tsing Yi Garden	Tsing Yi Station (Entrance B)	1100
Fare Saver in Fu Ning Garden Commercial Complex	Hang Hau Station (Entrance A)	1050
Fare Saver in Sheung Tak Shopping Centre	Tseung Kwan O Station (Entrance A1)	830
Fare Saver in Cheung Fat Estate Shopping Centre	Tsing Yi Station (Entrance A) 750	750
Fare Saver in Tai Wo Hau Estate Shopping Centre	Tai Wo Hau Station (Entrance B)	850

MTR Corporation Limited reserves the right to alter the information at any time without prior notice.
For any enquiries, please call MTR Hotline 2881 8888.

