



擁抱  
健康人生！  
投入動感生活，



Get active and enjoy  
a healthy life!



# 愛健康 · 樂運動



## Stay Healthy • Enjoy Exercise

### Foreword

According to the findings of the "Healthy Exercise for All Campaign - Physical Fitness Test for the Community" released in 2012, most Hong Kong people, regardless of age, lack sufficient physical activity to maintain good health. Physical activity is greatly beneficial to health. The higher the level of physical activity, the higher the level of physical fitness. On the contrary, inadequate physical activity will lead to poorer physical fitness with the growth of age. Physical activity can lower the risk of suffering from a series of non-communicable diseases, including type II diabetes mellitus, hypertension, cardiovascular disease, stroke, some types of cancer (e.g. colorectal cancer) and depression.

### To lead a health life, we should build physical activities into our daily life and keep a healthy lifestyle!

We can seize everyday opportunities to do physical activities, e.g. walking, stair climbing or doing housework, or find some time to do exercise by getting up earlier in the morning or making use of lunchtime or the time before dinner. All these activities help improve fitness, enhance work efficiency and even enrich our life.

### Types of Exercise

Despite our busy life, we should make exercise a habit. There is a wide range of exercise. For a start, choose the type of exercise that you find interesting and motivating. Exercise can be classified into three main categories according to their health benefits.

#### 1. Cardiorespiratory Endurance Exercise

##### Health benefits :

- improving your blood circulation and cardiopulmonary function
- helping you to burn calories and keep a healthy body weight
- reducing the risk of chronic diseases and some types of cancer
- relieving stress

### 引言

根據2012年公布的「普及健體運動—社區體質測試計劃」調查結果，大部分香港市民，不論老幼，均缺乏足夠的體能活動以保持健康體魄。體能活動對健康有莫大益處，體能活動量愈高，體質便愈理想；相反，體能活動量不足，體質會隨着年紀增長轉差。體能活動有助降低患上一系列非傳染病風險包括二型糖尿病、高血壓、心血管病、中風、部分癌症（例如大腸癌）和抑鬱症。

### 要保持身體健康！ 應把體能活動融入生活，建立健康的生活模式！

我們可以善用日常機會多做運動，例如多步行、行樓梯、做家務、早一點起床、利用午膳後或晚飯前的時間做運動等等。能強身健體之餘，也有助提高工作效率，令生活更添姿采。

### 運動種類

儘管生活忙碌，也應培養恆常運動的習慣。運動種類繁多，我們可按個人興趣，選擇喜愛的運動。以健康效益來劃分，運動可分為三大類：

#### 1. 心肺耐力鍛鍊運動

- 健康效益：**
- 促進血液循環，增強心肺功能
  - 燃燒熱量，有助保持健康體重
  - 減低患上慢性疾病和部分癌症的風險
  - 紓緩壓力





**種類：**游泳、行山、優質健行、踏單車、緩步跑、行樓梯、跳健體舞等

**須知：**

- 選擇適合自己能力和興趣的活動
- 每星期進行 $\geq 5$ 次，每次30-60分鐘中等強度的鍛鍊
- 初習者可分段（每次 $\geq 10$ 分鐘）進行，然後按個人能力逐步增加強度和時間

## 2. 肌肉鍛鍊運動

**健康效益：**

- 保持身體姿勢正確，改善體型
- 減少肌肉關節的慢性痛症
- 增加身體的自我保護能力
- 增強運動能力
- 減低受傷風險

**種類：**器械健體、舉啞鈴等

**須知：**

- 鍛鍊應循序漸進，量力而為
- 速度要適中，用力時呼氣，放鬆時吸氣
- 每星期針對主要肌群做2-3次，低至中強度負荷，每次2-4組（1組 = 重複動作10-15次；組與組之間要充分休息）
- 初期以鍛鍊耐力為目標，及後可鍛鍊力量

## 3. 伸展運動

**健康效益：**

- 伸展身體不同部位，活動關節，舒展筋骨
- 作為運動前的熱身及運動後的緩和練習，可幫助肌肉放鬆，改善關節活動，鬆弛神經
- 增強活動能力及運動表現
- 減低運動受傷的風險

**種類：**身體不同部位的靜態伸展運動

**須知：**

- 避免進行抽動或彈振的動作
- 保持呼吸暢順
- 每星期不少於2至3天的鍛鍊，初學者以靜態伸展為主。
- 每套動作做3至4次，每次伸展時維持動作10至30秒
- 伸展中的肌肉應保持放鬆，而伸展部位要有輕微拉緊的感覺

**Types of exercise :** swimming, hiking, QualiWalk, cycling, jogging, stair climbing, aerobic dance etc.

### Points to Note :

- choose activities according to your ability and interest
- exercise for  $\geq 5$  times per week, 30-60 minutes each with moderate intensity
- beginners can start with bolus each lasting for  $\geq 10$  minutes, and then gradually increase intensity and duration according to ability

## 2. Muscle Strengthening Exercise

### Health benefits :

- helping you to maintain the correct body posture and improve your body shape
- reducing chronic pain in muscles and joints
- increasing the self-protection ability of your body
- enhancing your sports performance
- reducing the risk of injuries

**Types of exercise :** multi-gym exercise, dumbbell lifting, etc.

### Points to Note :

- increase resistance / weight gradually according to ability
- perform at appropriate pace; exhale when exerting force and inhale when relaxing
- train 2-3 muscle groups weekly, low-moderate resistance, 2-4 sets each time (1 set = 10-15 repetitions; have sufficient rest in between)
- aim at building up endurance follow by power

## 3. Stretching Exercise

### Health benefits :

- stretching and exercising different parts of your body to improve the mobility of joints and relax your muscles
- serving the purposes of warming up and cooling down before and after exercise as it helps relax tense muscles, improve the mobility of joints and relax the mind
- enhancing physical ability and sports performance
- reducing the risk of sport injuries

**Types of exercise :** static stretching exercises for different parts of the body

### Points to Note :

- avoid jerky movements or ballistic stretching
- maintain smooth breathing
- do stretching exercises 2 to 3 days a week. Beginner can start with static stretching exercises.
- repeat each set of movements 3 to 4 times, and hold the stretching posture for 10 to 30 seconds
- keep the stretching muscles relaxed while the part of the body being stretched feels a slight pull







## 體能活動與熱量消耗

研究顯示，運動無須劇烈，中等強度（令人輕微流汗，心跳和呼吸稍為加快）的運動已能促進健康。

身體的熱量消耗會因應活動的劇烈程度、時間長短和個人因素而有所不同。

舉例來說，一名年約30歲、體重約70公斤的男士如進行以下體能活動30分鐘，消耗的熱量如下：

## Physical Activity and Calorie Expenditure

Studies show that it is not necessary for exercises to be strenuous as exercises of moderate intensity (which cause mild sweating and slightly higher breathing and heart rates) are enough to bring benefits to our health.

The amount of calories expended during exercise varies with the intensity and duration of the exercise as well as personal factors.

For example, for a man aged about 30 years and weighing approximately 70 kg, the calories burnt by doing the physical activities listed below for 30 minutes are as follows:



體能活動 Physical Activity	消耗熱量(千卡) Calories Expended (kcal)	體能活動 Physical Activity	消耗熱量(千卡) Calories Expended (kcal)
抹車、車身打蠟 Cleaning and waxing a vehicle	70	行樓梯 Stair climbing	140
伸展運動 Stretching exercise	80	急步行(時速3.5哩) Speed walking (at a speed of 3.5 mph)	150
園藝 Gardening	100	健體舞(低撞擊) Aerobic dance (low impact)	180
打排球(非競技性)* Playing volleyball (Non-competitive)	100	游泳(低至中強度) Swimming (at low to moderate intensity)	200
跳社交舞 Social dance	100	平地跑步 Running on level ground	250
掃地、抹窗 Floor sweeping, window cleansing	120	籃球比賽 Basketball competition	280
踏單車(時速9.4哩) Cycling (at a speed of 9.4 mph)	120	踢足球 Playing football	280
健步行 Fitness walking	120	跳繩 Rope skipping	310

\* 競技性排球活動：200千卡 competitive volleyball games: 200 kcal

(註：上表所列的數字僅供參考，實際消耗的熱量會因個別人士的年齡、性別、體能、技術水平、活動的劇烈程度等而有所不同。)

(Note: The information shown in the table is for reference only. The actual amount of calories burnt may vary with individuals' age, gender, physical fitness, skill level, intensity of activity, etc.)





## 體質指數 (BMI)

你的體重與身高比例是否適中？請利用下列方程式計算你的體質指數：

$$\text{體質指數} = \frac{\text{體重(公斤)}}{(\text{身高(米)})^2}$$

例子：身高1.80米、體重70公斤的男士，體質指數是： $70 \div (1.8 \times 1.8) = 21.6$

根據下表，該名男士的體質指數屬於理想。

## Body Mass Index (BMI)

Are your weight and height in appropriate proportion? To know the answer, calculate your BMI using the following equation:

$$\text{BMI} = \frac{\text{Body weight (kg)}}{(\text{Body height (m)})^2}$$

For example, the BMI of a man 1.80 m in height and 70 kg in weight is:  $70 \div (1.8 \times 1.8) = 21.6$

According to the table below, his BMI falls within the ideal range.



體質指數 (BMI)  
(適用於亞洲成年人)  
(for Asian adults)

少於18.5 Less than 18.5	過輕 Underweight
18.5-22.9	理想 Ideal
23-24.9	過重 Overweight
25-29.9	肥胖 Obese
30或以上 30 or above	嚴重肥胖 Severely obese

計算體質指數是評估成人是否過輕或過重的方法之一，但如遇下列兩種情況，則以量度皮下脂肪的方法較為準確：

1. 經常運動的人士，肌肉較多，脂肪卻較少。他們的體重可能超出標準，但仍屬健康；
2. 有些人士並無過重，但肌肉質量可能遠低於標準，而脂肪量卻遠高於正常水平。他們的體重雖然理想，但也屬於肥胖。

Calculating BMI is one of the methods to find out whether an adult is underweight or overweight. However, measuring the level of subcutaneous fat is a more accurate method in the following situations:

1. People who exercise regularly have more muscles and less fat. They may be overweight but healthy.
2. Some people who are not overweight may have muscle mass that is way below standard and body fat far higher than the normal level. They are considered obese despite having a normal body weight.

## 運動的益處

因應身體狀況，每天累積30分鐘的中等強度體能活動（可分段進行，每次不少於10分鐘），持之以恆，可獲得以下益處：

- 增強抵抗力，減少疾病，提升工作效率
- 消耗熱量，保持理想體重
- 增強心肺功能，促進血液循環
- 強化肌肉，並有助減低骨質疏鬆的風險
- 增加關節靈活性和柔軟度，減低受傷和跌倒的風險
- 減低患上心血管病、高血壓、中風和二型糖尿病的風險，並有助預防部分癌症。
- 紓緩壓力，增強自信，促進心理健康。
- 多參加集體運動有助擴闊社交圈子。

## Benefits of Exercise

An accumulation of 30 minutes of physical activities of moderate intensity (can be in sessions of at least 10 minutes each) every day persistently, depending on your physical condition, can bring you the following benefits:

- strengthening your body immunity, reducing the chance of getting sick and enhancing work efficiency
- burning calories to help you maintain a healthy body weight
- improving your cardiopulmonary functions and blood circulation
- strengthening your muscles and reducing the risk of osteoporosis
- enhancing the mobility and flexibility of joints to lower the risk of injuries and falls
- reducing the risk of developing cardiovascular disease, hypertension, stroke and type II diabetes mellitus, and preventing some types of cancer
- relieving stress, boosting confidence and improving mental health
- helping you broaden your social circle by participating more in group exercises







## 自覺竭力程度評分方法

要確保運動安全、運動量適中，控制運動強度是非常重要的。請緊記，感到有點吃力時，呼吸會轉為急促，脈搏也會加快，這些生理反應可用作運動強度的指標。請參照以下的「自覺竭力程度評分方法」，選擇最適合自己的運動強度。

## Rating of Perceived Exertion Method

To ensure safety and an appropriate amount of exercise, the control of exercise intensity is of utmost importance. You should bear in mind that during exercise your breathing rate will increase when you feel a bit strenuous, and so will your pulse rate. These physiological reactions can be taken as the indicators of the intensity of exercise. To choose the right intensity for yourself, please make reference to the "Rating of Perceived Exertion Method" below.

級別 Rating	0	1	2	3	4	5	6	7	8	9	10
運動強度 Intensity of Exercise	毫無感覺 No exertion at all	很微弱 Very light	微弱 Light	中度 Moderate	稍吃力 Somewhat hard	吃力 Hard	相當吃力 Fairly hard	非常吃力 Very hard	非常非常吃力 Very very hard	極度吃力 Extremely hard	筋疲力盡 Maximal exertion

運動時，可以考慮採用自覺竭力程度評分方法，評估及控制運動強度，一般人士可把強度控制在5至7之間，而個別人士可在有需要時按自己體能情況下調。

Rating of Perceived Exertion (RPE) may be used to estimate how hard you feel and measure the level of intensity. RPE between 5 and 7 is recommended for most people, subject to downward adjustment according to individual physical fitness.



## 運動量的指引

### 長者（年齡65歲或以上）：

對長者來說，體能活動包括在日常生活、家中及社區進行的一般和消閒活動，例如交通往來（步行或踏單車）、職務（若長者仍在工作）、家務、遊戲、體育競賽和有計劃的運動。

所有健康並沒有體能活動禁忌的65歲以上長者：

- 長者應每星期進行最少150分鐘中等強度的有氧體能活動，或最少75分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。
- 每次有氧體能活動應維持最少10分鐘。
- 要取得更大的健康效益，長者每星期進行中等強度有氧體能活動的時間應增至300分鐘，或每星期進行150分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。
- 活動能力較弱的長者應進行可改善平衡力和預防跌倒的體能活動，次數為每星期三天或以上。
- 長者亦應進行針對重要肌羣的強化肌肉運動，次數為每星期兩天或以上。
- 由於健康原因不能完成上述建議體能活動量的長者，亦應在能力和條件允許範圍內盡量多活動。

### Guidelines on the Amount of Exercise Elderly (Aged 65 years or above):

Physical activities for the elderly include ordinary and recreational activities in their daily, family and community life, e.g. daily commuting (walking or cycling), performing official duties (for people still working), doing housework, and participating in games, sports competitions and planned exercise.

For all healthy elderly aged 65 or above without any contraindication to physical activity:

- The elderly should engage in at least 150 minutes of moderate-intensity aerobic physical activities a week, or at least 75 minutes of vigorous-intensity aerobic physical activities a week, or an equivalent combination of moderate- and vigorous-intensity activities.
- Aerobic physical activities should be performed in sessions of at least 10 minutes each.
- For greater health benefits, the elderly should increase their moderate-intensity aerobic physical activities to 300 minutes a week, or engage in vigorous-intensity aerobic physical activities for 150 minutes a week, or an equivalent combination of moderate- and vigorous-intensity activities.
- The elderly with poor mobility should engage in physical activities that help improve their balance and prevent falls on 3 or more days a week.
- The elderly should also do muscle strengthening exercise that involves major muscle groups on 2 or more days a week.
- For those who cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.



## 成年人 (18 至64 歲) :

對這年齡組別的成年人來說，體能活動包括在日常生活、家中、社區和辦公室進行的一般和消閒活動，例如交通往來（步行或踏單車）、職務（即工作）、家務、遊戲、體育競賽和有計劃的運動。

- 成年人應每星期進行最少150分鐘中等強度的有氧體能活動，或最少75分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。
- 每次有氧體能活動應維持最少10分鐘。
- 要取得更大的健康效益，成年人每星期進行中等強度有氧體能活動的時間應增至300分鐘，或每星期進行150分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。
- 成年人亦應進行針對重要肌羣的強化肌肉運動，次數為每星期兩天或以上。

## 兒童及青少年 (5 至17 歲) :

對兒童及青少年來說，體能活動包括在學校、家中 and 社區進行的遊戲、體育競賽、消閒活動、體育課和有計劃的運動，以及日常的交通往來（例如步行、踏單車）。

- 兒童及青少年應每天進行至少60分鐘（累積計算）中等至劇烈強度的體能活動。
- 每天進行多於60分鐘的體能活動，會對健康有更大好處。
- 日常的體能活動應以有氧運動為主。此外，應定下計劃，每星期進行至少3次劇烈強度的活動，當中包括強化骨骼和肌肉的活動。

(參考資料：《關於身體活動有益健康的全球建議》。日內瓦：世界衛生組織，二零一零年。)  
(Reference: *Global Recommendations on Physical Activity for Health*. Geneva: World Health Organization; 2010.)

## 注意事項

運動時須注意下列事項：

- 選擇合適的地方。
- 選擇適合自己體能的運動，量力而為。
- 穿著合適的運動衣服及運動鞋。
- 循序漸進，由簡單的運動開始。
- 運動前後做足熱身及緩和運動。
- 運動時不要閉氣。
- 運動時如感到不適，可放緩動作或稍作休息；若情況沒有改善，應立即向醫生或其他專業人士求助。

## Adults (Aged 18 to 64 years):

Physical activities for adults of this age group include ordinary and recreational activities at office and in their daily, family and community life, e.g. daily commuting (walking or cycling), performing official duties (i.e. working), doing housework and participating in games, sports competitions and planned exercise.

- Adults should engage in at least 150 minutes of moderate-intensity aerobic physical activities a week, or at least 75 minutes of vigorous-intensity aerobic physical activities a week, or an equivalent combination of moderate- and vigorous-intensity activities.
- Aerobic physical activity should be performed in sessions of at least 10 minutes each.
- For greater health benefits, they should increase their moderate-intensity aerobic physical activities to 300 minutes a week, or engage in vigorous-intensity aerobic physical activities for 150 minutes a week, or an equivalent combination of moderate- and vigorous activities.
- Adults should also do muscle strengthening exercise that involves major muscle groups on 2 or more days a week.

## Children and the Youth (aged 5 to 17 years):

Physical activities for children and the youth include participating in games and sports competitions, leisure activities, physical education lessons and planned exercise at school and in their family and community life, as well as daily commuting (e.g. walking and cycling).

- Children and the youth should engage in at least 60 minutes (cumulative) of physical activities of moderate to vigorous intensity a day.
- Spending more than 60 minutes a day on doing physical activities will bring about greater health benefits.
- Most of the daily physical activities should be aerobic in nature. Moreover, physical activities of vigorous intensity should be planned for at least 3 times a week, in which bone and muscle strengthening exercises should be incorporated.



## Points to Note

You should take heed of the following when doing exercise:

- Choose an appropriate place for doing exercise.
- Choose the right exercise that suits your physical ability and strength.
- Wear appropriate sportswear and sports shoes.
- Proceed progressively and start with simple exercise.
- Do sufficient warm-up and cool-down before and after exercise.
- Do not hold your breath during exercise.
- If feeling unwell during exercise, slow down or take a break. If the condition does not improve, consult a doctor or other medical professionals immediately.





## 精叻長者

各位“老友記”，  
要保持身體健康，可以嘗試……

在平日：

- 乘車時，提早一兩個站下車，步行往目的地。
- 早上到公園晨運時，可受太極、步行，或做八段錦、伸展運動等，並使用公園的戶外健身設施鍛鍊身體。
- 下午到長者中心或體育場地參與訓練班和同樂活動，例如長者健體、水中健體、門球、草地滾球、瑜伽、跳舞。
- 飯後到公園散步。

在假日：

- 相約家人或朋友參與喜愛的運動，既可培養對體能活動的興趣，又可加強與家人和朋友的溝通。

在家中：

- 做家务，使身體保持靈活。
- 看電視時，利用1至2磅的輕啞鈴或水樽做一些肌肉鍛鍊運動，亦可做一些平衡鍛鍊運動。
- 晚上進行深長呼吸練習，有助睡眠。
- 若長時間重複同一動作或維持同一姿勢太久，應定時活動關節和舒展肌肉，以紓緩肌肉緊張和疲勞。

想知道更多有關長者健體運動的資料，  
請瀏覽以下網頁：

<http://www.lcsd.gov.hk/healthy/b5/elderly.php>



## 樂活上班族一族

### Happy Office Workers

各位上班族朋友，要保持身體健康，  
可以嘗試……

在工作間：

- 少用扶手電梯和升降機，多行樓梯，增加運動的機會。
- 與鄰近機構或部門洽談事務時，可步行前往傾談，少用電話，增加體能活動的機會。
- 若長時間重複某些動作或維持同一姿勢太久，應定時活動關節，舒展肌肉，以紓緩肌肉緊張及疲勞。
- 選吃簡單的午餐，以騰出30分鐘進行球類、步行或伸展運動。
- 乘車上下班時，不防提早一兩個站下車，每日多步行15分鐘。



## The Clever Elderly

Our dear “old friends”, to be fit and smart,  
we recommend you to ...

As daily routine:

- Get off the vehicle one or two stops earlier and walk to your destination.
- Go to the park to do your morning exercise – perform exercises such as Tai Chi, Baduanjin (eight trigram boxing), stretching and walking, and use the outdoor fitness training equipment there to do some exercises.
- Go to the elderly centre or sports venue in the afternoon and join some training classes and fun-for-all activities such as fitness exercise for the elderly, hydro-fitness exercise, gateball, bowling greens, yoga and dancing.
- Take a walk in the park after meal.

On holidays:

- Invite your family or friends to engage in your favourite exercise with you. This will not only foster your interest in physical activity but also enhance your communication with your family and friends.

At home:

- Do some housework to improve your mobility.
- Use lightweight dumbbells or water bottle (1 to 2 pounds in weight) to do muscle training or balancing exercises when watching television.
- Do deep and long breathing exercises for better sleep at night.
- Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.

For more information about the fitness exercises for the elderly,  
please visit the following website:

<http://www.lcsd.gov.hk/healthy/en/elderly.php>



Dear office workers, to be fit and smart,  
we recommend you to ...

In workplace :

- Use escalators and lifts less often and take the stairs instead to increase the chance of doing exercise.
- Conduct face-to-face discussion with the organisations or departments nearby instead of phone discussion. This will increase the chance of doing physical activity.
- Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.
- Pick a simple lunch so that you may have 30 minutes' time spared for ball games, walking or stretching exercise, etc.
- Get off the vehicle one or two stops earlier and take an extra 15-minute walk every day when going to and from work.





#### 在公餘時間：

- 下班後，相約同事或朋友參與喜愛的運動，以消除一天的疲累。
- 在假日，與家人行山、健行、緩步跑/跑步或參與水上活動，舒展身心。

想知道更多有關上班一族工作間伸展運動的資料，請瀏覽以下網頁：

<http://www.lcsd.gov.hk/healthy/b5/exercise.php>

#### Outside office hours:

- After office hours, invite your colleagues or friends to engage in your favourite sports with you so as to ease your fatigue after a day's work.
- During holidays, take part in outdoor exercise such as hiking, QualiWalk, jogging/running and water sports with your family to relax the mind and body.

For more information about the exercise for office workers at workplace, please visit the following website:

<http://www.lcsd.gov.hk/healthy/en/exercise.php>



## 活力女性 Active Women

各位婦女，要保持身體健康，  
可以嘗試 .....

#### 在平日：

- 乘車時，提早一、兩個站下車，每日多步行15分鐘。
- 少用扶手電梯和升降機，多行樓梯。
- 帶小孩上學後到公園做運動，並使用公園的戶外健身設施鍛鍊身體。
- 午飯後步行30分鐘。
- 下午往體育場地參與訓練班或同樂活動，例如瑜伽、健體舞、器械健體、舞蹈、球類運動和水中健體。

#### 在假日：

相約家人或朋友參與喜愛的運動，既可培養對運動的興趣，又可加強與家人和朋友的溝通。

#### 在家中：

- 做家务，使身體保持靈活。
- 一面看電視，一面做伸展運動。
- 空閒時用1至2磅的輕啞鈴或水樽做肌肉鍛鍊運動。
- 若長時間重複同一動作或維持同一姿勢太久，應定時活動關節和舒展肌肉，以紓緩肌肉緊張和疲勞。
- 用暖水沐浴時進行深長呼吸，可紓緩辛勞和有助入睡。

想知道更多有關婦女健體運動的資料，請瀏覽以下網頁：

<http://www.lcsd.gov.hk/healthy/b5/women.php>



Dear ladies, to be fit and smart,  
we recommend you to .....

#### As daily routine:

- Get off the vehicle one or two stops earlier and take an extra 15-minute walk every day.
- Use escalators and lifts less often and take the stairs instead.
- Go for a workout in the park after taking your children to school and use the outdoor fitness training equipment there to do some exercises.
- Take a 30-minute walk after lunch.
- Join some training classes or play-in activities, such as yoga, aerobic dance, fitness multi-gym, dancing, ball games and hydro-fitness at sports venues in the afternoon.

#### On holidays:

- Invite your family or friends to engage in your favourite sports with you. This will not only foster your interest in sports but also enhance your communication with your family and friends.

#### At home:

- Do some housework to improve your mobility.
- Do stretching exercise while watching television.
- Use lightweight dumbbells or water bottle (1 to 2 pounds in weight) to do muscle training or balancing exercises in your spare time.
- Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.
- Take deep breaths when having a warm bath to help you unwind after a long hard day and sleep better at night.

For more information about the exercise for women, please visit the following website:

<http://www.lcsd.gov.hk/healthy/en/women.php>





## 醒目學生

## Bright Students

各位同學，要保持身體健康，  
可以嘗試 .....

上學時：

- 如果學校距離近，可以走路代替乘車往返。
- 小息時，與同學一起進行體能活動，例如跳繩、打球和踢毽子。
- 多參與課餘體育活動，紓緩功課壓力。

課餘時：

- 多做伸展運動和循環式肌肉練習，鍛鍊體魄。
- 多參與體能活動，減少參與靜態活動，例如電子遊戲、上網和卡拉OK。
- 減少觀看電子顯示屏的時間，利用餘暇定期參與喜愛的運動。
- 假日與家人到戶外走走，呼吸新鮮空氣，例如到自然教育徑郊遊，既可增進知識，又可舒展身心。

### 怎樣才是超重？

要知道體重與身高比例是否適中，可參考以下的「身高別體重圖表」。

過重的定義：體重比「身高別體重圖表」中位數高出20%或以上。

對照「身高別體重圖表」是評估兒童是否過輕或過重的方法之一，但如遇下列兩種情況，則以量度皮下脂肪或使用生物電阻分析儀評估體脂比例的方法較為準確：

- 經常運動的兒童，肌肉較多，脂肪卻較少。他們的體重可能超出標準，但仍屬健康；
- 有些兒童並無過重，但肌肉質量可能遠低於標準，而脂肪量卻遠高於正常水平。他們的體重雖然理想，但也屬於過重。

Dear students, to be fit and smart, we recommend you to ...

At school:

- Walk to and from school instead of taking the car if it is only a short distance.
- Take part in physical activities such as rope skipping and playing ball games and shuttlecock with your schoolmates during recess.
- Participate in extra-curricular physical activities more frequently so as to relieve the pressure of schoolwork.

After school:

- Do stretching exercise and cyclic muscle training in your spare time to strengthen your physique.
- Take part in physical activities more frequently and spend less time on passive activities such as electronic games, web surfing and karaoke.
- Reduce screen time and take part in your favourite sports regularly in your spare time.
- Go outdoors with your family on holidays to enjoy the fresh air; for example, take a hike on a nature trail to broaden your knowledge and help yourself relax physically and mentally.

### How to define overweight?

To know if your weight is in proportion to your height, check the "weight for height chart" below.

Definition of overweight:  
Body weight being 20% higher than the median of the "weight for height".



Checking the weight for height chart is one of the methods to find out whether a child is underweight or overweight.

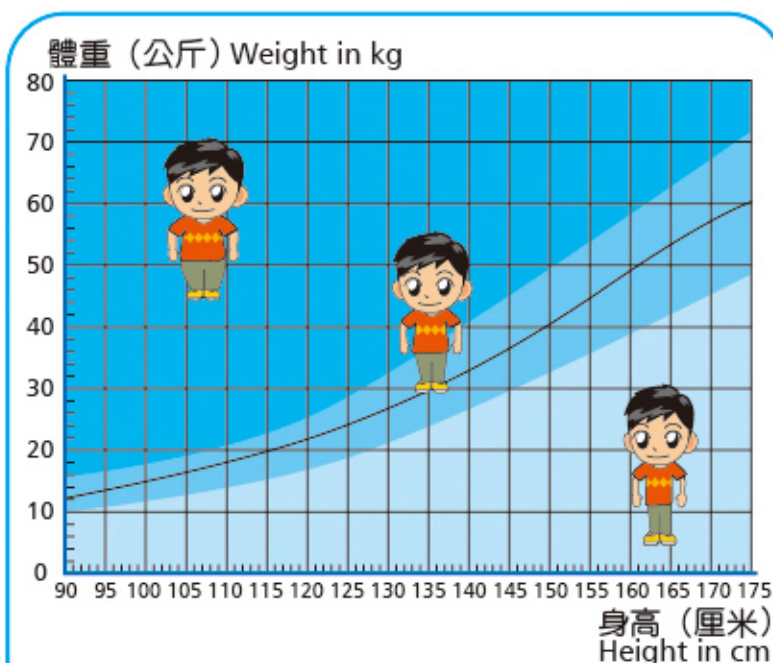
However, measuring the level of subcutaneous fat and assessing the percentage of body fat using a bioelectrical impedance analyser are more accurate methods of assessment in the following situations:

- Children who exercise regularly have more muscles and less fat. They may be overweight but healthy.
- Some children who are not overweight may have muscle mass that is way below standard and body fat far higher than the normal level. They are considered overweight despite having a normal body weight.





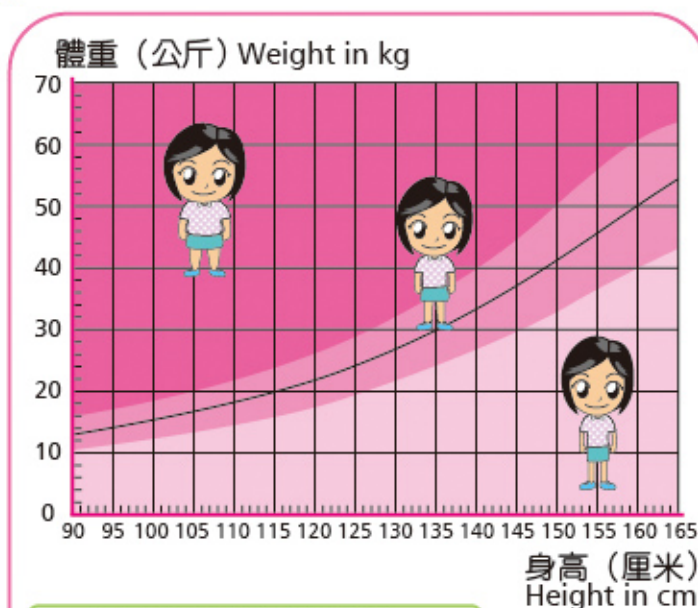
## 身高別體重圖表 Weight-for-Height Chart



- 按身高計算體重中位數  
Median weight-for-height
- 過重/肥胖 Overweight/Obese
- 體重理想 Normal body weight
- 過輕 Underweight



男Boys



- 按身高計算體重中位數  
Median weight-for-height
- 過重/肥胖 Overweight/Obese
- 體重理想 Normal body weight
- 過輕 Underweight



女Girls

Source 資料來源：Growth Survey 1993, The Chinese University of Hong Kong and the Department of Health

註：「身高別體重圖表」是按學童的身高，評估學童體重是否合比例。若你年滿18歲、身高超過165厘米的女童或超過175厘米的男童，請改用「體質指數」(BMI) 評估你的體重。

Note: Weight-for-Height Chart is an instrument to assess if the weight of a child is proportional to the height. If you have reached age 18, taller than 165cm for girls or 175cm for boys, please use the Body Mass Index (BMI) to assess your weight status.



## 查詢康體活動資料

康樂及文化事務署(康文署)轄下18個分區康樂事務辦事處，每月均舉辦不同種類的康體活動供市民參與，市民可透過下列途徑查詢活動資料：

1. 康文署電子雜誌：  
登入 <http://www.lcsd.gov.hk/members/indexc.html>，訂閱康文署每星期以電郵發放的免費電子雜誌。
2. 康文署網頁：  
登入 <http://www.lcsd.gov.hk>，閱覽各分區康樂事務辦事處每月舉辦的康體活動資料。
3. 康文署熱線：  
致電康文署24小時熱線：2414 5555，查詢各分區康樂事務辦事處每月舉辦的康體活動資料。
4. 社區康樂體育活動小冊子：  
親臨各分區康樂事務辦事處或康樂場地，索取每月派發的社區康樂體育活動小冊子。

## Enquiries about Recreation and Sports Programmes

The 18 District Leisure Services Offices (DLSOs) under the Leisure and Cultural Services Department (LCSD) organise a wide range of recreation and sports programmes for the public every month. Information on these programmes is made available to the public through the following channels:

1. The LCSD e-Magazine :  
Visit <http://www.lcsd.gov.hk/members/index.html> and subscribe to the LCSD e-Magazine, which is delivered free of charge by e-mail on a weekly basis.
2. The LCSD Website :  
Visit <http://www.lcsd.gov.hk> to browse information on the recreation and sports programmes organised by the DLSOs of the LCSD every month.
3. The LCSD Hotline :  
Call the 24-hour hotline of the LCSD on 2414 5555 to get information on the recreation and sports programmes organised by the DLSOs of the LCSD every month.
4. Community Recreation and Sports Programme Booklet:  
Visit the DLSOs or leisure venues of the LCSD to obtain a copy of the Community Recreation and Sports Programme booklet issued every month.

• 如欲查詢有關「普及健體運動」的資料，請致電康文署二十四小時客務熱線：2414 5555，或瀏覽本署網頁：<http://www.lcsd.gov.hk/healthy/b5>。

• 如欲知道更多健康資訊，請致電衛生署二十四小時電話錄音熱線2833 0111，或瀏覽衛生署中央健康教育組網頁：<http://www.cheu.gov.hk>。

• For details about the Healthy Exercise for All Campaign, please call the Leisure and Cultural Services Department 24-hour hotline at 2414 5555 or visit the website of the department at <http://www.lcsd.gov.hk/healthy/en>

• For more information on health, please call the 24-hour pre-recorded hotline of the Department of Health at 2833 0111, or visit the website of the Central Health Education Unit of the department at <http://www.cheu.gov.hk>.



鳴謝：中國香港體適能總會提供專業意見

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