


## 運動活動的指引 Guidelines on the Amount of Physical Activity

兒童及青少年(5至17歲)	成年人(18至64歲)*	長者(年滿65歲或以上)*
<p>對於這年齡組別的兒童及青少年來說，體能活動可以是在學校、家庭及社區環境中，進行的娛樂和休閒活動（如遊戲、競賽、體育或有計劃的運動）、體育訓練、交通往來（如步行和踏單車）或家務。</p>	<p>對成年人及所有健康且沒有體能活動禁忌的65歲或以上長者來說，體能活動可以是在日常工作、家庭及社區環境中，進行的娛樂和休閒活動（如遊戲、競賽、體育或有計劃的運動）、交通往來（如步行和踏單車）、職務或家務。</p>	
<ul style="list-style-type: none"> <li>● 應每星期平均每天進行最少60分鐘中等至劇烈強度（以帶氧運動為主）的體能活動。</li> <li>● 每天進行多於60分鐘的體能活動，會對健康有更大益處。</li> <li>● 要獲得更多健康裨益，當中應包括每星期有最少三天進行劇烈強度的帶氧運動，以及可強化肌肉和骨骼的活動。</li> </ul> <p><b>參考資料：</b> 《關於身體活動和久坐行為的指南》。世界衛生組織二零二零年。</p> 	<ul style="list-style-type: none"> <li>● 應定期進行體能活動。</li> <li>● 應每星期進行最少150 - 300分鐘中等強度的帶氧體能活動；或最少75 - 150分鐘劇烈強度的帶氧體能活動；或最少相等於混合中等和劇烈強度活動模式的時間。</li> <li>● 應每星期有兩天或以上，進行中等或更高強度針對所有主要肌肉群的強化肌肉活動。</li> <li>● 要獲得更多健康裨益，他們可以將每星期中等強度的帶氧體能活動增加到300分鐘以上；或進行150分鐘以上劇烈強度的帶氧體能活動；或相等於混合中等和劇烈強度活動模式的時間。</li> <li>● 為提升身體功能和預防跌倒，長者亦應每星期有三天或以上，進行多種著重平衡和力量訓練的中等或更高強度體能活動，作為每星期體能活動的一部分。</li> </ul>	
<p>*註：世界衛生組織的相關指引將長者年齡定義為65歲或以上；在徵詢本地相關專業組織意見後，本署認為上述所列出長者體能活動量指引同樣適用於60至64歲人士。</p>		

Children and the Youth (Aged 5 to 17 years)	Adults (Aged 18 to 64 years)*	Elderly (Aged 65 years or above)*
<p>For children and adolescents of this age group, physical activity can be undertaken as part of recreation and leisure (play, games, sports or planned exercise), physical education, transportation (walking and cycling) or household chores, in the context of educational, home, and community settings.</p>	<p>Physical activities for adults and all healthy elderly aged 65 or above without any contraindication to physical activity can be undertaken as part of recreation and leisure (play, games, sports or planned exercise), transportation (walking and cycling), work or household chores, in the context of daily occupational, educational, home and community settings.</p>	
<ul style="list-style-type: none"> <li>● Should engage in moderate- to vigorous-intensity physical activities for at least 60 minutes (accumulative) pre day.</li> <li>● Spending more than 60 minutes a day on doing physical activities will bring greater health benefits.</li> <li>● 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.</li> </ul> <p><b>Reference:</b> WHO Guidelines on Physical Activity and Sedentary Behaviour, Geneva World Health Organization, 2020.</p> 	<ul style="list-style-type: none"> <li>● Should undertake regular physical activity.</li> <li>● Should do at least 150-300 minutes of moderate-intensity aerobic physical activity; or at least 75-150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.</li> <li>● Should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week.</li> <li>● For additional health benefits, they may increase moderate-intensity aerobic physical activity to more than 300 minutes, or do more than 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.</li> <li>● To enhance functional capacity and to prevent falls, the elderly should do varied multi-component physical activity that emphasizes functional balance and strength training at moderate or greater intensity on 3 or more days a week, as part of their weekly physical activity.</li> </ul>	
<p>*Remarks: Under the relevant guidelines of WHO, old age is defined as persons aged 65 and above. The Leisure and Cultural Services Department, in consultation with the relevant local professional bodies, considers that the Guidelines on the Amount of Physical Activity for the Elderly set out above also apply to persons aged 60 to 64.</p>		