

兒童健體手冊

Children Fitness Handbook



康樂及文化事務署
Leisure and Cultural
Services Department



衛生署
Department of Health

I. 有關兒童健體手冊

About the Children Fitness Handbook

「兒童健體手冊」是專為「兒童健體訓練班」的參加者而印製。請參加者閱讀手冊，以了解自己的體適能狀況，從而選擇合適的健體運動，培養運動習慣。請訂下運動目標，只要有恆心，定能維持理想體重！

The Children Fitness Handbook (the Handbook) is specifically designed for participants of the Fitness Training Course for Children (the training course). Participants are advised to read the Handbook to review their levels of physical fitness and select appropriate exercises, thereby developing a habit of exercising. By setting a target of exercising and doing exercise regularly, you will be able to maintain optimal body weight.





本手冊屬於：
This handbook belongs to:

姓名：

Name : _____

訓練班開課日期(日/月/年)：

Course commencement date (DD/MM/YY) : _____

性別：

男/女

年齡：

Sex : _____ Male/Female _____ Age : _____

疾病記錄(如有)：

Medical history (if any) : _____

喜愛的運動：

Favourite sports : _____

家長/教練姓名：

Name of parent/instructor : _____

家長/教練簽署：

Signature of parent/instructor : _____

分區：

District : _____

*如拾獲本手冊，請交回任何康樂及文化事務署轄下地區康樂事務辦事處。

*Any person who finds this handbook should deliver it to any District Leisure Services Offices under the Leisure and Cultural Services Department.

II. 有關兒童健體訓練班 Course brief

訓練班鼓勵參加者自發做運動，並持之以恆。參加者在訓練班第一堂獲發「兒童健體手冊」，用來記錄體適能狀況和運動習慣。在訓練期間，參加者可自行選擇合適的健體運動，同時應注意均衡飲食。家長可陪同一起運動，並為參加者記錄運動進度和飲食習慣，不時給予鼓勵。

The training course aims to encourage children to take the initiative to do regular exercise persistently. Participants will be given the Handbook in the first lesson for keeping records of their levels of physical fitness and exercise patterns. During training, participants can select appropriate exercise and also should be mindful of maintaining a balanced diet. Parents can do exercises together with their children and keep records of their progress and eating habits and give them encouragement.



我的體適能狀況 My Level of Physical Activity

測試項目 Test Item		測試記錄 Test Record		
		第一次測試 1st Testing 日期 : _____	目標 Target	第二次測試 2nd Testing 日期 : _____
1	身高 Height	厘米 cm		厘米 cm
2	體重 Weight	公斤 kg		公斤 kg
3	靜態心率 Resting Heart Rate	次/分鐘 beats/min		次/分鐘 beats/min
4	皮摺厚度：上臂 Skinfold Thickness: Upper Arm	毫米 mm		毫米 mm
5	皮摺厚度：小腿 Skinfold Thickness: Calf	毫米 mm		毫米 mm
6	脂肪比例 Body Fat Percentage	%		%
7	手握力（左手+右手） Hand Grip (Left hand and Right hand)	公斤 kg		公斤 kg
8	一分鐘仰臥捲腹 1-min Curl-up	次 times		次 times
9	立定跳遠 Standing Long Jump	厘米 cm		厘米 cm
10	坐前伸 Sit-and-reach	厘米 cm		厘米 cm
11	一公里步行 1 km walk · 時間 Time · 運動後心率 Post Exercise Heart Rate	分鐘 min 次/分鐘 beats/min		分鐘 min 次/分鐘 beats/min

以上測試項目，由教練按實際情況安排。

The above physical fitness tests are arranged by instructors in the light of the actual circumstances.

III. 如何維持理想體重?

How to maintain a desirable body weight?

營養篇

Nutrition Chapter

要維持理想體重，除了做運動外，均衡飲食也十分重要。經常進食高脂肪或高糖分食物，會令身體攝取過多熱量，導致肥胖。

To maintain an optimal body weight, a balanced diet is as important as doing exercises. Frequent consumption of high fat or sugar foods will lead to excessive energy intake and obesity.

要有健康的體魄，便要遵守健康飲食原則：

Follow the principles of healthy eating to have good health:

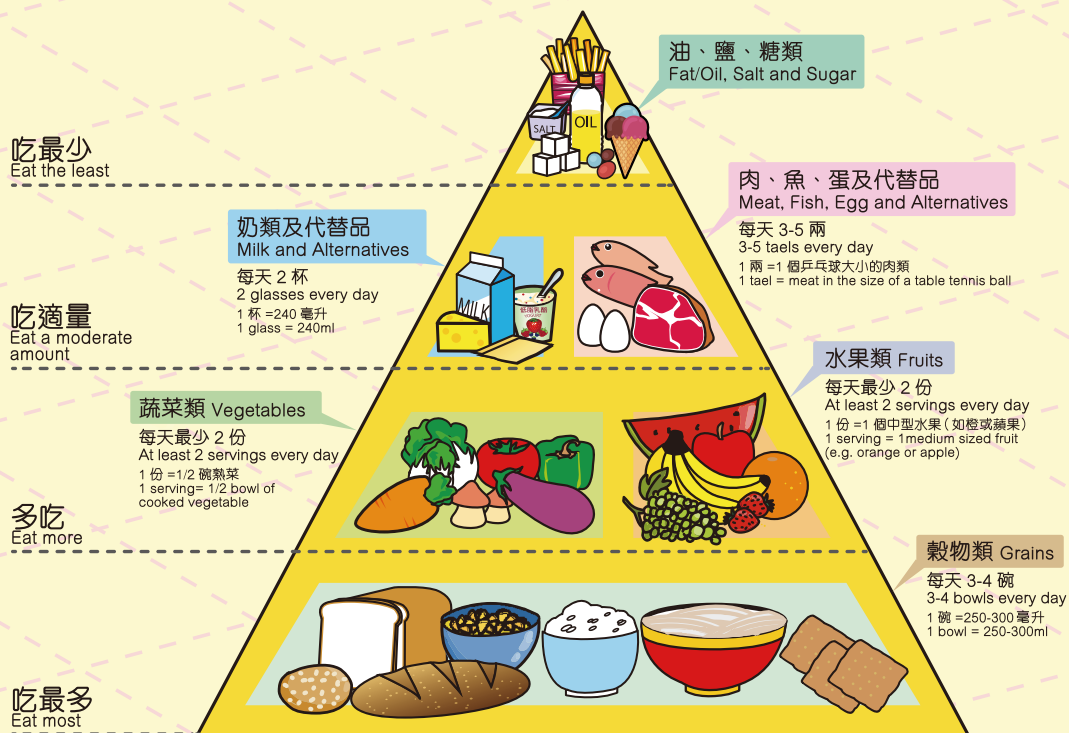
- 食物的選擇要多元化，避免偏食，每餐應以穀物類食物為主
- 吃適量的奶類、肉、魚、蛋及代替品(包括乾豆)
- 多吃蔬菜和水果類食物
- 減少進食含高油、鹽、糖及經醃製和加工的食物
- 每天飲用6至8杯的流質飲品
- 飲食要定時和定量
- Maintain a diversified diet and avoid picky eating. Eat grains and cereals in every meal.
- Have moderate amounts of milk, meat, fish, eggs and alternatives (including dry beans).
- Eat more vegetables and fruits.
- Reduce consumption of high fat, salt and sugar foods, as well as preserved and processed foods.
- Drink 6 to 8 glasses of fluid every day.
- Have regular meal at regular time.

兒童健康飲食金字塔 (6-11歲)

Healthy Eating Food Pyramid for Children (6 to 11 years old)

日常飲食應包括各類食物，比重各有不同。

Daily diet should consist of a variety of food in appropriate proportion.



每天應喝6至8杯流質飲品 (包括清水、奶和清湯)

Drink 6 to 8 glasses of fluid every day including water, milk and clear soup.

因應不同年齡、性別、身高、體重、活動量和身體健康狀況，每名兒童每天所需的熱量和營養素都不同。除了按照「兒童健康飲食金字塔」的原則選取食物和調節份量外，也要留意食品的營養標籤，以了解其成分和營養價值。

The daily energy and nutrient requirements of a child varies with age, gender, body height, body weight, activity level and health conditions. In addition to following the Healthy Eating Food Pyramid for Children in choosing food and achieving an appropriate intake of food, parents should also pay attention to nutrition labels in order to have a better understanding of the ingredients and nutritional values of food.



常見食物的熱量含量表

Table of calories contents of common food



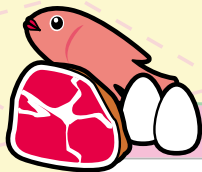
穀物類 Grains

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
白飯 Rice	1碗 (200克) 1 bowl(200g)	260
白粥 Plain congee	1碗 (200克) 1 bowl(200g)	64
意粉 Spaghetti	1碗 (150克) 1 bowl(150g)	237
通心粉 Macaroni	1碗 (150克) 1 bowl(150g)	237
全蛋麵 Egg noodles	1碗 (170克) 1 bowl(170g)	235
蕎麥麵 Soba noodles	1碗 (120克) 1 bowl(120g)	119
藜麥 Quinoa	1碗 (120克) 1 bowl(120g)	240
麥皮 Oatmeal	1碗 (250克) 1 bowl(250g)	178
白方包 Sandwich white bread	1片 (49克) 1 piece(49g)	137
麥方包 Sandwich wheat bread	1片 (47克) 1 piece(47g)	122



蔬菜類 Vegetables

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
白灼菜心 Boiled Chinese flowering cabbage	半碗 (65克) 1/2 bowl (65g)	13
白灼通菜 Boiled water spinach	半碗 (49克) 1/2 bowl (49g)	7
白灼生菜 Boiled headed lettuce	半碗 (75克) 1/2 bowl (75g)	18
焗西蘭花 Boiled broccoli	半個中型 (90克) 1/2 stalk, medium (90g)	32
焗椰菜 Boiled cabbage	半碗 (79克) 1/2 bowl (79g)	18
焗粟米 Boiled corn	1條中型 (103克) 1 ear (103g)	99
番茄 Tomato	1個 (111克) 1 piece (111g)	18
熟冬菇 Cooked shiitake mushrooms	4粒 (72克) 4 mushrooms (72g)	40



肉、魚、蛋及代替品 Meat, Fish, Egg and Alternatives

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
火腿 Ham	1片(20克) 1 piece (20g)	26
腸仔 Meat sausage	1條(35克) 1 link (35g)	95
免治豬肉 Ground pork	100克 100g	297
燜梅頭豬肉(全瘦) Braised pork bladed shoulder (lean)	100克 100g	233
燜排骨(半肥瘦) Braised spareribs (separable lean and fat)	100克 100g	397
煎豬大排(去骨、全瘦) Pan-fried center rib pork chop (boneless, lean)	1件(66克) 1 chop (66g)	148
燒牛肋骨(去骨、半肥瘦) Roasted beef rib (boneless, separable lean and fat)	100克 100g	351
燒牛柳(瘦) Broiled beef tenderloin (lean)	100克 100g	200
炸雞上腓(連皮) Roasted chicken thigh (with skin)	1件, 去骨(62克) 1 thigh, bone removed (62g)	162
烤雞胸肉(不連皮) Roasted chicken breast (without skin)	100克 100g	165
炸雞翼 Fried chicken wing	1隻, 去骨(32克) 1 wing, bone removed (32g)	103
烤鴨肉(不連皮) Roasted duck (without skin)	半隻(221克) 1/2 duck (221g)	444
烤鴨肉(連皮) Roasted duck (with skin)	半隻(382克) 1/2 duck (382g)	1 287
鱈魚(乾煮) Cod (dry heat)	半件魚柳(90克) 1/2 fillet (90g)	95
三文魚(乾煮) Salmon (dry heat)	1/4件魚柳(89克) 1/4 fillet (89g)	184
蝦(濕煮) Shrimp (moist heat)	4大隻(22克) 4 large (22g)	22
烩蛋 Hard-boiled egg	1隻大(50克) 1 large (50g)	78
煎蛋 Fried egg	1隻大(46克) 1 large (46g)	90
板豆腐 Firm tofu	1/4磚(81克) 1/4 block (81g)	57
腐竹 Soybean sheet	1條(15克) 1 piece (15g)	69
烩黃豆 Boiled soybeans	4湯匙(43克) 4 tablespoons (43g)	74
烩紅腰豆 Boiled kidney beans	8湯匙(88克) 8 tablespoons (88g)	112



水果類 Fruits

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
蛇果(連皮) Red delicious apple (with skin)	1個(180克) 1 piece (180g)	97
富士蘋果(連皮) Fuji apple (with skin)	1個(180克) 1 piece (180g)	92
橙 Orange	1大個(184克) 1 large (184g)	86
香蕉 Banana	1隻中型(118克) 1 medium (118g)	105
哈密瓜 Cantaloupe	半碗切粒(85克) 1/2 bowl, cubes (85g)	29
啤梨(連皮) Western pear (with skin)	1個(230克) 1 piece (230g)	117
火龍果 Dragon fruit	半個中型(175克) 1/2 medium (175g)	98
蓮霧 Wax jumbo	1個中型(120克) 1 medium (120g)	42
提子(連皮) Grape (with skin)	半碗(80克) 1/2 bowl (80g)	55



麵包、蛋糕及糕點 Bread, Cakes and Pastries

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
芝士漢堡包 Cheese burger	1個(254克) 1 piece (254g)	610
魚柳包 Fish burger	1個(143克) 1 piece (143g)	400
提子包 Raisin bun	1個(68克) 1 piece (68g)	211
菠蘿包 Pineapple bun	1個(82克) 1 piece (82g)	287
雞尾包 Cocktail bun	1個(90克) 1 piece (90g)	360
腿蛋包 Ham and egg bun	1個(106克) 1 piece (106g)	265
鬆餅 Muffin	1個(81克) 1 piece (81g)	316
蛋撻 Egg tart	1個(70克) 1 piece (70g)	217
咖喱酥皮卷 Curry puff	1件(70克) 1 piece (70g)	280



飲品 Drinks

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
全脂奶 Full cream milk	1杯 (240毫升) 1 cup (240 ml)	146
低脂奶 Low fat milk	1杯 (240毫升) 1 cup (240 ml)	101
脫脂奶 Skimmed milk	1杯 (240毫升) 1 cup (240 ml)	82
奶昔 Milk shake	1杯 (330毫升) 1 cup (330 ml)	330
凍珍珠奶茶 Iced milk tea with pearl topioca	1杯 (300毫升) 1 cup (300 ml)	195
凍檸檬茶 Iced lemon tea	1杯 (300毫升) 1 cup (300 ml)	138
紅豆冰 Red bean icy drink	1杯 (300毫升) 1 cup (300 ml)	243
港式奶茶 (不加糖) Hong Kong style milk tea (no sugar added)	1杯 (240毫升) 1 cup (240ml)	106
港式咖啡 (不加糖) Hong Kong style coffee (no sugar added)	1杯 (240毫升) 1 cup (240ml)	98
即磨咖啡 (不加奶和糖) Brewed coffee (without milk and no sugar added)	1杯 (240毫升) 1 cup (240ml)	2
清茶 Tea	1杯 (240毫升) 1 cup (240ml)	2
甜豆漿 Sweetened soybean milk	1杯 (240毫升) 1 cup (240ml)	98
熱檸檬 Hot lemon honey	1杯 (240毫升) 1 cup (240ml)	94
五花茶 Five flower tea	1杯 (240毫升) 1 cup (240ml)	70
酸梅湯 Sour plum drink	1杯 (240毫升) 1 cup (240ml)	118
鮮榨橙汁 Fresh orange juice	1杯 (240毫升) 1 cup (240ml)	108
可樂汽水 Cola	1罐 (330毫升) 1 can (330ml)	122
谷咕粉 (無添加糖) Unsweetened cocoa powder	1湯匙 (5克) 1 tablespoon (5g)	11





中式點心 Chinese Dim Sum

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
叉燒包 Steamed barbecued pork bun	1件 (55克) 1 piece (55g)	143
奶皇包 Steamed egg custard bun	1件 (47克) 1 piece (47g)	118
蛋黃蓮蓉包 Steamed lotus seed paste and egg yolk bun	1件 (55克) 1 piece (55g)	165
炸饅頭 Deep-fried Chinese bun	1件 (66克) 1 piece (66g)	277
山竹牛肉 Steamed beancurd with beef ball	1件 (49克) 1 piece (49g)	88
蝦餃 Steamed fresh prawn dumpling (Ha-gau)	1件 (31克) 1 piece (31g)	50
燒賣 Steamed stuffed dumpling with shrimp (Siu-mai)	1件 (29克) 1 piece (29g)	58
上素蒸粉果 Steamed vegetarian dumpling	1件 (43克) 1 piece (43g)	47
潮洲粉果 Steamed dumpling (Chiuchow style)	1件 (61克) 1 piece (61g)	92
牛肉腸粉 Steamed rice-flour roll with beef	1條 (80克) 1 piece (80g)	80
糯米雞 Sticky rice wrapped in lotus leaf	1/4件 (85克) 1/4 piece (85g)	179
雞扎 Steamed beancurd sheet roll with chicken	1件 (86克) 1 piece (86g)	146
煎蘿蔔糕 Pan-fried turnip cake	1個 (84克) 1 piece (84g)	109
芋角 Deep-fried taro dumpling	1件 (40克) 1 piece (40g)	144
春卷 Spring roll	1件 (35克) 1 piece (35g)	112
鹹水角 Deep-fried meat dumpling	1件 (45克) 1 piece (45g)	149
叉燒酥 Barbecued pork puff pastry	1個 (39克) 1 piece (39g)	168





即食粉麵及飯 Ready-to-eat noodles, Pasta and Rice Dishes

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
牛腩湯河粉 Flat noodles (ho fan) in soup with stewed beef brisket	1碗 (720克) 1 bowl (720g)	619
雲吞麵 Noodles in soup with wonton	1碗 (630克) 1 bowl (630g)	447
魚蛋湯米粉 Rice vermicelli in soup with fish ball	1碗 (700克) 1 bowl (700g)	406
豉油皇炒麵 Fried noodles with soy sauce	1碟 (400克) 1 plate (400g)	640
沙爹牛肉即食麵 Instant noodles in soup with satay beef	1碗 (500克) 1 bowl (500g)	600
焗肉醬意粉 Baked spaghetti with meat sauce	1碟 (588克) 1 plate (588g)	823
乾炒牛肉河粉 Fried flat noodles with sliced beef	1碟 (650克) 1 plate (650g)	910
楊州炒飯 Fried rice (Yangzhou style)	1碟 (508克) 1 plate (508g)	965
冬菇蒸雞飯 Steamed rice with chicken and winter mushroom	1碗 (430克) 1 bowl (430g)	688
豉汁鳳爪排骨飯 Steamed rice with pork rib, chicken feet and black bean sauce	1碗 (490克) 1 bowl (490g)	882
魚香茄子飯 Steamed rice with stewed eggplant and shredded salty fish	1碟 (720克) 1 plate (720g)	1 080
咖喱牛腩飯 Steamed rice with curry beef brisket	1碟 (800克) 1 plate (800g)	1 280
粟米肉粒飯 Steamed rice with diced pork and sweet corn	1碟 (760克) 1 plate (760g)	912
叉燒飯 Steamed rice with barbecued pork	1碟 (520克) 1 plate (520g)	1 040



油脂類 Fats and Oils

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
橄欖油 Olive Oil	1湯匙 (14克) 1 tablespoon (14g)	126
芥花籽油 Canola Oil	1湯匙 (14克) 1 tablespoon (14g)	126
花生油 Peanut Oil	1湯匙 (14克) 1 tablespoon (14g)	126
牛油 Butter	1湯匙 (14克) 1 tablespoon (14g)	104
芝麻沙律醬 Sesame seed dressing	1湯匙 (15克) 1 tablespoon (15g)	66
輕怡蛋黃醬 Light mayonnaise	1湯匙 (15克) 1 tablespoon (15g)	49



小食 Snacks

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
乾焗原味夏威夷果仁 Dry-roasted plain macadamia nuts	10-12粒 (28克) 10-12 kernels (28g)	201
乾焗原味杏仁 Dry-roasted plain almond	22粒 (28克) 22 kernels (28g)	167
乾焗原味花生 Dry-roasted plain peanut	28粒 (28克) 28 pieces (28g)	164
牛奶朱古力 Milk chocolate	1條, 迷你型 (7克) 1 bar, miniature (7g)	37
雪糕 Ice cream	1杓 (73克) 1 scoop (73g)	131
咖喱魚蛋 Curry fish ball	5粒 (50克) 5 balls (50g)	65
爆谷 (已熱) Popcorn (popped)	半包 (83克) 1/2 bag (83g)	415



其他即食食物 Other ready-to-eat foods

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
酥皮忌廉湯 Cream soup with puff pastry	1碗 (315克) 1 bowl (315g)	410
油炸鬼 Deep-fried Chinese dough sticks	1條 (110克) 1 piece (110g)	506
芒果布甸 Mango pudding	1份 (183克) 1 portion (183g)	168
椰汁馬豆糕 Coconut milk yellow bean pudding	1件 (85克) 1 piece (85g)	111
紅豆沙 Red bean dessert / sweet soup	1碗 (239克) 1 bowl (239g)	225
芝麻糊 Sesame dessert / sweet soup	1碗 (289克) 1 bowl (289g)	280



運動篇

Exercise Chapter

適量運動可以幫助管理體重。根據世界衛生組織對5至17歲的兒童及青少年的體能活動建議，每天的運動量應至少為累積達60分鐘的中等至劇烈強度體能活動*。如每天能進行多於60分鐘運動會對健康有更大益處。日常的體能活動應以有氧運動為主。體能活動計劃應包含每周至少3次劇烈強度的活動，當中包括強化骨骼和肌肉的活動。

Having regular exercise helps achieve weight management. According to the recommendations of the World Health Organisation, children and adolescents aged 5 to 17 years should engage in at least 60 minutes a day (cumulative) of physical activities of moderate- to vigorous-intensity* a day. Performing physical activities for more than 60 minutes a day will bring about greater health benefits. Most of the daily physical activities should be aerobic in nature. Physical activity plan should contain physical activities of vigorous-intensity for at least 3 times a week, in which bone and muscle strengthening exercises should be incorporated.



註：

- * 「中等強度」是指進行體能活動時，呼吸和心跳稍為加快，輕微流汗，但不覺辛苦；
- 「劇烈強度」是指進行體能活動時，呼吸急速、心跳很快和大量流汗，感覺辛苦。

Remark:

- * "Physical activities of moderate-intensity" are those which will slightly speed up breathing and heart rates, and cause mild sweating but not so intense as to cause fatigue.
- "Physical activities of vigorous-intensity" are those which will greatly speed up breathing and heart rates, and cause profuse sweating and fatigue.

1. 體能活動與熱量消耗

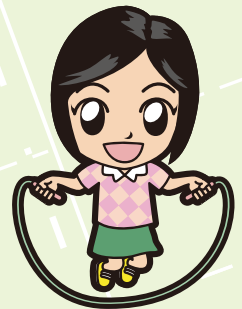
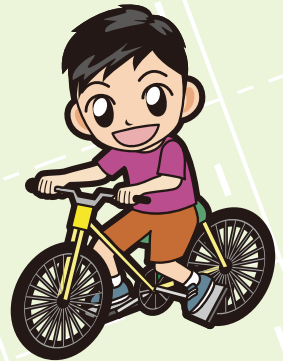
Physical activity and energy expenditure

以年約10歲、體重約40公斤的兒童為例，如進行下列體能活動30分鐘，所消耗的熱量如下：

Take a child aged around 10 years old weighing about 40kg for example. The energy expended in performing the following physical activities for 30 minutes are as follows:



項目 Item	體能活動 Physical Activity	所消耗的熱量(千卡) Energy Expended (kcal)
1	小型網球 Mini-tennis	170
2	排球 Volleyball	100
3	籃球 Basketball	200
4	羽毛球 Badminton	110
5	長距離慢速游泳 Slow Long-distance Swimming	200
6	踏單車 Cycling	150
7	跑步 Running / Jogging	200
8	跳繩 Rope Skipping	200
9	舞蹈 Dancing	130
10	體操 Gymnastics	100
11	健康舞 Aerobic Dancing	150
12	步行 Walking	90
13	行樓梯 Stair Climbing	170



註：以上資料只供參考，實際消耗的熱量會因年齡、性別、體能、技術水平和活動劇烈程度而有所不同。

Remark: The information shown above is for reference only. The actual amount of energy expended may vary with age, gender, physical fitness, skill level and intensity of activity.

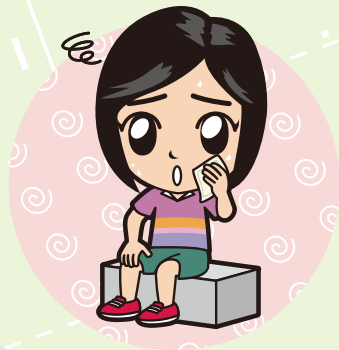
參考資料 Reference:

1. J. S. Harrell, R. G. McMurray, C. D. Baggett, M. L. Pennell, P. F. Pearce, and S. I. Bangdiwala, Energy Costs of Physical Activities in Children and Adolescents, Medicine & Science in Sports & Exercise.
2. K. Ridley, B. E. Ainsworth and T. S. Olds, Development of a Compendium of Energy Expenditures for Youth, International Journal of Behavioral Nutrition and Physical Activity, BioMed Central Ltd.

2. 運動安全守則

Exercise safety

- 選擇適合自己體能的運動，量力而為。
- 在空氣流通和溫度適中的環境下運動。
- 穿著合適的運動服裝和運動鞋。
- 動作切勿過大或過快。
- 運動時要保持呼吸暢順。
- 運動時如感到不適，可放緩動作或稍作休息。
- Choose the right exercise that suits your physical ability and strength.
- Exercise in an environment with good ventilation and suitable temperature.
- Wear appropriate sportswear and sports shoes.
- Do not make any drastic or abrupt movements.
- Breathe naturally while doing exercise.
- If you feel unwell when doing exercise, you should slow down or take a rest.



3. 簡易循環練習

Simple circuit training

以下介紹的運動，可依次序進行兩至三個循環練習，亦可遵從教練的指示自訂練習方案。

Children may do 2 to 3 sets of exercise illustrated below or exercise according to the self-designed training programme under the instruction of a coach.

屈膝掌上壓 (上肢及胸部)

Bent Knee Push Up (Upper limbs and chest)

10次
Times

1. 雙手按在地上，向上撐起時保持上身與大腿成一直線。

Place your hands on the ground, keep your upper body and thighs in a straight line when pushing up.



2. 身體向下壓，手肘屈曲約90度角。

Bend your elbows at an angle of about 90° when pressing down.

3. 向下壓時吸氣，向上撐時呼氣。

Inhale when pressing down and exhale when pushing up.



家長參與：

兒童交替使用左/右手支撐身體，並以另一手碰觸家長掌心。

Parent's participation:

A child can use his/her left and right hands alternately to support his/her body, and use the other hand to touch his/her parent's palm.



仰臥捲腹 (腹部肌肉)

Curl Up (Abdominal muscles)

10次
Times

1. 由仰臥姿勢開始。

Lie on your back as the starting position.

2. 膝部保持約90度角，雙手伸直。

Bend your knees at an angle of about 90° and straighten your arms.



3. 向前仰起時呼氣，手指觸及膝部。

Exhale when you curl up with fingers touching the knees.

4. 躺下回復原位時吸氣。

Inhale when returning to the starting position.



家長參與：

固定兒童雙腳。

Parent's participation:

Hold your child's feet in position.



前跨步 (大腿) Lunge Forward (Thighs)

10次
Times

1. 站立並保持雙腳與肩膊的同一寬度。

Stand with feet shoulder-width apart.

2. 右腳向前跨出一大步，右膝屈曲，然後回復站立姿勢。

Take a big step forward with the right leg, bend the right knee, and then return to the standing position.



3. 左腳向前踏出一大步，左膝屈曲，然後回復站立姿勢。

Take a big step forward with the left leg, bend the left knee, and then return to the standing position.

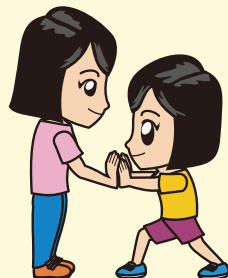


家長參與：

與兒童面對面站立，保持一定距離，兒童踏前時雙手觸碰家長雙手。

Parent's participation:

Stand in front of your child and keep a certain distance. The child touches the parent's hands with his/her hands when lunging forward.



交替背伸 (腰背) Alternate Back Extension (Lower back)

10次
Times

1. 由俯伏姿勢開始。

Lie on your front as the starting position.

2. 提起右臂和左腿，同時呼氣。

Exhale when you lift your right arm and left leg.



3. 回復原位時吸氣。

Inhale when returning to the starting position.

4. 提起左臂和右腿時呼氣，然後在回復原位時吸氣 (兩組動作交替進行)。

Exhale when you lift your left arm and right leg, and inhale when returning to the starting position (Repeat by alternating these two sets of movements).



家長參與：

半蹲在兒童面前，伸出雙手讓兒童碰觸。

Parent's participation:

Half squat in front of your child and hold out your hands to let your child touch them.



側彎腰 (腰側肌肉) Side Bend (Flank muscles)

10次
Times

1. 身體立正，兩腳保持與肩膊同一寬度。
Stand erect with feet shoulder-width apart.
2. 向上伸直右臂，向左側彎腰，同時呼氣。
Stretch your right arm above the head and bend to the left and exhale.
3. 膝部須隨彎腰的方向屈曲。
Bend your knees sideways following the stretch.



4. 回復站立姿勢時吸氣。
Inhale when returning to the standing position.
5. 向上伸直左臂，向右側彎腰。
Stretch your left arm above the head and bend to the right.
6. 彎腰時呼氣，回復站立姿勢時吸氣。
Exhale when you bend and inhale when returning to the standing position.
7. 每次側彎腰並伸直手臂，被視為完成一次整套動作。
Each side bend and arm stretch is counted as one repetition.



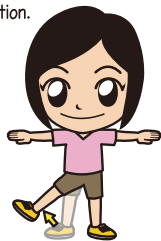
家長參與：
與兒童面對面一起練習。
Parent's participation:
Stand face to face with your child and practise together.



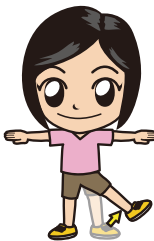
側擺腿 (大腿外側及臀部) Leg Abduction (Outer thighs and hips)

10次
Times

1. 由站立姿勢開始，雙臂向外平伸。
Start with a standing position with your arms stretching horizontally to shoulder level.
2. 右腿向右側上擺，然後回復站立姿勢。
Lift your right leg to the right side and then return to the standing position.



3. 左腿向左側上擺，然後回復站立姿勢。
Lift your left leg to the left side and return to the standing position.



家長參與：
與兒童面對面，手牽手一起練習。
Parent's participation:
Stand face to face with your child and practise together hand in hand.



拱橋 (腰背和臀部)

Bridging (Lower back and hips)

10次
Times

1. 仰臥地上，屈膝90度角。

Lie on your back with knees bent at 90°.



2. 挺起臀部，直至上身與大腿成一直線。

Raise your hips until your thighs are in a straight line with your upper body.

3. 挺臀時呼氣，放下臀部時吸氣。

Exhale when you raise your hips and inhale when you lower them.



家長參與：

把手放在兒童腹部上方。兒童挺臀並以腹部觸碰家長的手，才算完成動作一次。

Parent's participation:

Place your hand above the stomach of your child. The exercise is completed once the child's stomach has touched your hand.



引體向上 (肩背和二頭肌)

Pull Up (Upper back and biceps)

10次
Times

1. 家長面向兒童，分腿站立；兒童仰臥地上，與家長互相緊扣手腕。

Parent stands with legs apart, facing the child who lies on his/her back on the floor; both parties grasp each other's wrists tightly.



2. 兒童用力把身體向上拉，直至手肘屈曲少於60度角。

The child pulls up his/her body until his/her elbows bend at an angle of less than 60°.

3. 向上拉時呼氣，躺回地上時吸氣。

Exhale when pulling up and inhale when lying down.



4. 自我鼓勵計劃

Self-encouragement programme

家長/教練可與兒童共同訂立可行的目標，並每天記錄運動成績，由家長/教練可根據兒童的愛好訂立獎勵方法。如兒童付出努力並取得進步，家長/教練可給予獎勵和讚賞，例如贈送小禮物或一同郊遊等。

























Parents/instructors can set an achievable target with children and keep a daily record of the amount of exercise they take. Children can be given their favourite rewards for their efforts. Children can also be given rewards like small gifts or a family outing, etc., as appreciation for their efforts and progress.


































- 預防勝於治療，減肥並不容易！
- 必須養成健康的飲食和生活習慣，只要持之以恆，定能促進身體健康和擁有理想的體重。
- Prevention is better than cure. It is not easy to lose weight!
- One should establish and uphold habits of healthy eating and lifestyles for better health and optimal body weight.

緊記
Remember!!



星期	自我評估項目	週次					
		1	2	3	4	5	6
一	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
二	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
三	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
四	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
五	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
六	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
日	 我今天做了60分鐘或以上的運動						
	 我今天三餐飲食均衡，沒有偏食						
	 我今天沒有吃高油、鹽及糖的食物						
每週評估：家長/教練請根據小朋友本週表現，給予適當的評語及鼓勵。							
 表現尚可，還可以做得更好，努力吧！							
 表現很好，只差一點便能達到目標，加油！							
 表現非常好，值得讚賞，但要持之以恆啊！							

Weekday	Self-Evaluation Items	Week					
		1	2	3	4	5	6
 MON	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 TUE	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 WED	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 THU	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 FRI	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 SAT	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
 SUN	 I have completed 60 minutes or more of exercise today.						
	 I have a balanced diet at breakfast, lunch and dinner today and I am not picky about what I eat.						
	 I haven't eaten high fat, salt and sugar foods today.						
Weekly Assessment: Parents/instructors should give children suggestions and encouragements where appropriate having regard to their performances of the week.							
 You are doing okay and can aim to do better, so keep up the efforts!							
 You are doing fine and are just one step away from your target, so keep up the efforts!							
 You are doing great. Well done and keep it up!							

Please tick '✓' in the appropriate box

備忘：

Notes：





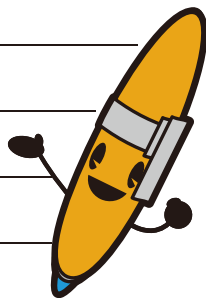




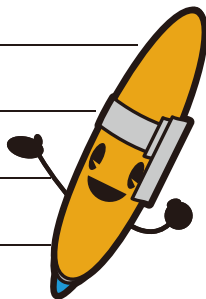








備忘：
Notes：



日日運動身體好 男女老幼做得到
Daily exercise keeps us fit People of all ages can do it



鳴謝：
中國香港體適能總會
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