

普及健體運動  
Healthy Exercise  
for All Campaign

# 長者健體計劃 運動記錄冊

Exercise Record Booklet  
for Fitness Programmes for the Elderly





# 本記錄冊屬於： This Record Booklet belongs to:

姓名：  
Name: \_\_\_\_\_

性別：                    男 / 女  
Gender: \_\_\_\_\_ Male/Female

年齡：  
Age: \_\_\_\_\_

過往疾病 ( 如有 )：  
Medical History (if any): \_\_\_\_\_

最常參與的體能活動：  
Most Frequently Participated Form(s) of Physical Activity :  
\_\_\_\_\_

長者中心名稱：  
Name of Elderly Centre: \_\_\_\_\_

分區：  
District: \_\_\_\_\_

開始參與健體計劃日期：                    年            月            日  
Date of Joining the Programme: \_\_\_\_\_ Year      Month      Day

\* 如拾獲本記錄冊，請交回上述長者中心或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 Record Booklet should deliver it to the above-mentioned elderly centre or any District Leisure Services Offices under the Leisure and Cultural Services Department.

# 我現時的運動習慣

## My Exercise Habit

	有 (Yes)			沒有 (No)
	每日 Every day	隔日 Alternate days	約每星期一次 About once a week	
一日內運動共 10 分鐘以下 Less than 10 minutes physical activity on a day				
一日內運動共 10 至 19 分鐘 10 to 19 minutes of physical activity on a day				
一日內運動共 20 至 29 分鐘 20 to 29 minutes of physical activity on a day				
一日內運動共 30 分鐘或以上 30 minutes or more of physical activity on a day				

請在上表加 “✓” 號  
Please put a tick “✓” in the table above

# 長者體能活動量指引

## Guidelines on the Amount of Physical Activity for the Elderly

體能活動包括在日常生活、家庭及社區內進行的消閒體能活動，例如交通往來（步行或踏單車）、職務（若長者仍在工作）、做家务、及參與遊戲、競賽、體育和有計劃的運動。

### 65歲及以上長者

參考世界衛生組織於二零一零年發表《關於身動活動有益健康的全球建議》，建議所有健康並沒有體能活動禁忌長者：

1. 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。
2. 要取得更大的健康效益，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。
3. 應進行針對重要肌羣的強化肌肉活動，次數為每星期兩天或以上。
4. 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。
5. 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。

備註：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，本署認為本單張所列長者體能活動量指引同樣適用於60至64歲人士。

Physical activities include recreational or leisure-time physical activities in their daily, family and community life, e.g. daily commuting (walking or cycling), performing official duties (for elderly still working), doing household chores, and participating in games, competitions, sports and planned exercises.

### Elderly aged 65 and above

Under the Global Recommendations on Physical Activity for Health published by the World Health Organisation (WHO) in 2010, all healthy elderly without any contraindication to physical activity are advised to:

1. Do at least 150 minutes a week of moderate-intensity aerobic physical activities, or at least 75 minutes of vigorous-intensity aerobic physical activities, or an equivalent combination of moderate- and vigorous-intensity activities.
2. Increase the moderate-intensity aerobic physical activities to 300 minutes a week, or do vigorous-intensity aerobic physical activities for 150 minutes a week, or an equivalent combination of moderate- and vigorous-intensity activities to achieve additional health benefits.
3. Do muscle-strengthening activities that involve major muscle groups on two or more days a week.
4. The elderly with poor mobility should do physical activities that improve balances and prevent falls on three or more days a week.
5. 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.

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 in this pamphlet also apply to persons aged 60 to 64.

# 第一個月

## The First Month

年  
Year

月  
Month

日期 Date	做了最少半小時運動 Exercise for at least half an hour	日期 Date	做了最少半小時運動 Exercise for at least half an hour
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

如你今日做了最少半小時運動，請在上表劃上“✓”號

If you exercise for at least half an hour today, please put a tick “✓” in the table above.

# 第二個月 The Second Month

年  
Year

月  
Month

日期 Date	做了最少半小時運動 Exercise for at least half an hour	日期 Date	做了最少半小時運動 Exercise for at least half an hour
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

如你今日做了最少半小時運動，請在上表劃上“✓”號

If you exercise for at least half an hour today, please put a tick “✓” in the table above.

# 第三個月 The Third Month

年  
Year

月  
Month

日期 Date	做了最少半小時運動 Exercise for at least half an hour	日期 Date	做了最少半小時運動 Exercise for at least half an hour
1		17	
2		18	
3		19	
4		20	
5		21	
6		22	
7		23	
8		24	
9		25	
10		26	
11		27	
12		28	
13		29	
14		30	
15		31	
16			

如你今日做了最少半小時運動，請在上表劃上“✓”號

If you exercise for at least half an hour today, please put a tick “✓” in the table above.



# 每月檢討

## Monthly Evaluation

以下哪一種是你的運動模式？請在下表以 “✓” 號顯示：

What is your participation pattern in physical activity? Please tick “✓” below：

	每日運動至少半小時 At least half an hour of physical activity every day	隔日運動至少半小時 At least half an hour of physical activity on alternate days	每星期一次運動至少半小時 At least half an hour of physical activity every week
第一個月 ( 年 月 ) First Month ( Year Month)			
第二個月 ( 年 月 ) Second Month ( Year Month)			
第三個月 ( 年 月 ) Third Month ( Year Month)			

### 恭喜你！

你已完成三個月的健體計劃，並可以每日運動最少半小時。如果你未能達到每日運動最少半小時的目標，請不要氣餒，只要按自己的能力，循序漸進，必定可以達到目標。希望你能夠養成勤做運動的習慣，保持身體健康！

### Congratulations!

You have completed the three-month fitness programme and are able to get into the habit of exercising for at least half an hour every day. Don't give up even though you cannot achieve the target level of exercise for at least half an hour every day. Keep doing exercise according to your ability and build up the amount of exercise gradually and you will be able to achieve health gains. Remember to make exercise a habit to stay healthy.

# 備忘 NOTES



# 備忘 NOTES



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

