

跳舞強身

Dance for Health

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



引言 Introduction

早前公布的「社區體質測試計劃」調查結果顯示，香港市民普遍運動量不足，不利於維持身體健康。要提升體質和健康水平，市民應把運動融入日常生活，建立健康的生活模式。

為鼓勵市民勤做運動，養成健康的生活習慣，康樂及文化事務署（康文署）與衛生署自 2000 年起，合辦「普及健體運動」，推廣運動的益處，所舉辦的活動一直深受市民歡迎。

「跳舞強身」活動是「普及健體運動」的重點項目之一，透過舉辦多元化的舞蹈同樂及晚會，鼓勵市民參與舞蹈活動，培養勤做運動的習慣，促進身心健康。

如欲查詢康文署轄下分區康樂事務辦事處舉辦的社交舞、現代舞、爵士舞、中國舞、土風舞和兒童舞等訓練班和活動資料，請聯絡各分區康樂事務辦事處或瀏覽本署網頁：

www.lcsd.gov.hk/tc/programmes/programmeslist/districtsports/crs_prog.html。

According to the findings of the "Physical Fitness Test for the Community" released earlier, in general, Hong Kong people were not doing enough physical exercises to maintain good health. To improve their physical fitness and health, they should build exercises into their daily life and develop a healthy lifestyle.

To encourage the public to do exercise regularly and maintain healthy living habits, the Leisure and Cultural Services Department (LCSD) and the Department of Health (DH) have joined hands to organise the "Healthy Exercise for All Campaign" since 2000 to promote the benefits of doing exercise. The activities organised under the Campaign have been well received by the public.

"Dance for Health" is one of the highlighted programmes of the "Healthy Exercise for All Campaign". Through organising a wide variety of dance play-ins and dance nights, we hope that the public will be encouraged to participate in dancing and foster a habit of doing exercise regularly for the benefit of physical and mental health.

For enquiries on the various dance training courses and programmes on social dance, modern dance, jazz dance, Chinese dance, folk dance and children dance, etc. organised by the District Leisure Services Offices (DLSOs) of the LCSD, please approach the respective DLSOs or visit LCSD's website:

www.lcsd.gov.hk/en/programmes/programmeslist/districtsports/crs_prog.html.



跳舞的益處 Benefits of Dancing

每天如持之以恆累積跳舞至少30分鐘（可分段進行，每次不少於10分鐘），可獲得以下益處：

1. 增強心肺功能，促進血液循環；
2. 增加關節靈活性和柔軟度，減低受傷和跌倒的風險；
3. 強化肌肉，並有助減低骨質疏鬆的風險；
4. 減低患上心血管病、高血壓、中風和糖尿病的風險，並有助預防部分癌症（例如大腸癌）；
5. 紓緩壓力，增強自信及促進心理健康；
6. 有助擴闊社交圈子；及
7. **有助消耗熱量**，保持理想體重。



An accumulation of at least 30 minutes of dance (at least 10 minutes per session) every day persistently can bring you the following benefits:

1. Improving your cardiopulmonary functions and blood circulation;
2. Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls;
3. Strengthening your muscles and reducing the risk of osteoporosis;
4. Reducing the risk of developing cardiovascular disease, hypertension, stroke and diabetes mellitus as well as preventing some types of cancer (e.g. colorectal cancer);
5. Relieving stress, boosting confidence and improving mental health;
6. To broaden social circle; and
7. **To burn calories** and help you maintain a healthy body weight.

遊戲時間 Game Time



| 體重 (公斤) Body Weight (kg) | 跳舞 30 分鐘 所消耗熱量 (千卡) Calories burned for 30 minutes of dancing (kcal) |
|-----------------------------|---|
| 35 | 53 |
| 40 | 60 |
| 45 | 68 |
| 50 | 75 |
| 55 | 83 |
| 60 | 90 |
| 65 | 98 |
| 70 | 105 |
| 75 | 113 |
| 80 | 120 |
| 85 | 128 |
| 90 | 135 |
| 95 | 143 |
| 100 | 150 |

跳舞與熱量消耗 Dancing & Calories

了解體能活動與熱量消耗，有助控制體重。實際消耗的熱量取決於活動劇烈程度和時間長短，以及個人體能、技術水平，性別、年齡及體重等因素。

To learn more about the calories expended during physical activities will help weight management. The actual amount of energy expended is determined by factors such as intensity and duration of activity, as well as the physical fitness, skill level, gender, age, body weight of an individual.

舞蹈的種類 Types of Dance

舞蹈種類繁多，各具特色。部分舞蹈的特色如下：

There are many types of dance, each with its own characteristics, some of which are as follows:

社交舞 Social dance

從前，**社交舞**是少數人的高級社交和娛樂活動，其後日趨普及，成為流行的舞蹈，參與者也遍及社會各階層。時至今日，社交舞不但是藝術表演項目，也是競技場上的運動比賽項目。

In the old days, **social dance** was a classy social and recreational activity that catered for minority interests. With growing popularity, it has been taken up by people from all walks of life. Today, social dance is not only a kind of art performance, but also a competitive event in the sports arena.



現代舞 Modern dance

現代舞於七十年代中期才在香港興起，其後發展迅速。現代舞分為多個派別，風格各異，表現手法多元化，着重舞者的個人風格和創意。

Only becoming popular in Hong Kong in the mid-70s, **modern dance** has developed rapidly since then. With different schools and distinctive styles, it has multiple expression techniques that stress the uniqueness and creativity of the dancers.

爵士舞 Jazz dance

爵士舞的節拍強勁，舞步變化多端，深受年青人歡迎。爵士舞並不如社交舞般有多種規限，舞者可自由跳出不同的舞步，表達內心的感情。

Jazz dance, with strong beats and diverse steps, is very popular among young people. Since it has fewer rules as compared with social dance, dancers can express themselves freely through dancing.



中國舞 Chinese dance

中國舞分為古典舞和民間舞，以舞蹈展示中國文化特色及各地民族的傳統習俗，內容和形式豐富多姿。透過學習舞蹈，舞者可加深對我國文化藝術的認識和了解。

Chinese dance is divided into classical dance and ethnic dance, reflecting Chinese cultural characteristics and traditional customs of ethnic groups. Rich in content and varied in forms, it enables dancers to understand more about the culture and arts of our country through dancing.



土風舞 Folk dance

在節日慶典或團體聚會中，**土風舞**往往是重要的娛樂節目。土風舞簡單易學，節奏明快，着重群體的合作和協調，也能展現各地文化特色，老幼咸宜。

Folk dance is a very common form of entertainment in festive celebrations and gatherings. Though easy to learn, its clear rhythm calls for co-ordination and co-operation among dancers. Cultural characteristics of different places can also be displayed. It is such a dance suitable for all.



兒童舞 Children dance

專為小孩設計的舞蹈稱為**兒童舞**，主要是不同舞蹈（例如芭蕾舞、爵士舞、土風舞）的基本訓練，特色是舞步活潑輕快，着重培養兒童對舞蹈的興趣。

Dance tailor-made for children can be called **children dance**. It adopts basic techniques of various types of dance (such as ballet, jazz dance and folk dance). Light and lively in mood, it helps children to develop an interest in dancing.





街舞 Street dance

街舞起源於美國，是從不同的街頭文化或音樂風格創出的多種舞蹈的統稱。其中嘻哈舞 (Hip-Hop) 及霹靂舞 (Break Dance) 為最常見的兩大類街舞。街舞的共同特點是肢體擺動幅度較大，對穿著打扮要求不太嚴格，動作優美隨意且多元化，最吸引人之處是以動感活力帶來熱情澎湃的感覺，經常練習可增強全身協調性。

Originated in the United States, **street dance** is an umbrella term which includes a fusion of many dance styles associated with different street cultures or music styles. Hip-Hop and break dance are the two most common types of street dance. The common characteristic of street dance is strong swinging movements, a variety of improvised moves and that there are no rules on what you wear. The best aspect of street dance is its rich vibrancy and passion. Regular practice can improve your whole body co-ordination.

排排舞 Line dance

排排舞是一種世界各地流行的行列舞蹈，有說起源於的士高流行年代的美國西部，舞蹈不需舞伴，步法簡單，參加者行列而站，配以輕快流行音樂，跳著同一舞步及不斷轉方向。除可增強心肺功能、關節靈活及手腳協調外，排排舞還可增強記憶力和方向感。



Line dance is a type of Contredanse and is widely popular across the world. It has its origins in the western United States at the time when disco was dominating the dancefloors. It is made up of simple dance moves and does not require a partner. The dancers stand in lines and dance the same steps with the sound of cheerful music and repeated turns. In addition to improving cardiopulmonary functions, joint mobility and hand and foot coordination, line dance can also improve memory and sense of direction.



綜合集體舞 Group dance

集體舞不拘舞蹈種類，包括排排舞、爵士舞、中國舞、民族舞、土風舞、社交舞及拉丁舞等，舞蹈多不需舞伴，一般會利用扇子、水袖、絲巾、搖鼓及竹板等不同道具，配合悅耳音樂起舞。

Group dance includes various types of dance from line dance to jazz dance, Chinese dance, folk dance, social dance and Latin dance, etc. A partner is not required for these dances. Props such as fan, sleeve, scarf, tambourine and bamboo clapper are normally used by dancer to move with pleasant music.

體能活動量的指引

Guidelines on the Amount of Physical Activity

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、家中和社區進行的遊戲、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）。

- 每天應該累積最少 60 分鐘中等至劇烈強度的體能活動，促進身體健康。
- 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。

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).

- They are recommended to do at least 60 minutes of moderate-to-vigorous physical activity daily for better health.
- 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.

成年人(18至64歲)：

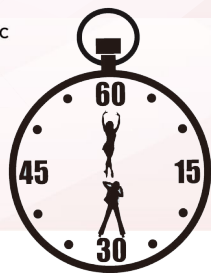
對成年人來說，體能活動包括在日常生活、家中、社區和辦公室進行的一般和消閒活動，例如交通往來（步行或踏單車）、職務（即工作）、家務、遊戲、體育競賽和有計劃的運動。

- 每星期應進行最少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。
- 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。
- 每星期進行最少兩天或以上針對重要肌羣的強化肌肉運動。

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 exercises.

- They should engage in at least 150 minutes a week of moderate-intensity aerobic physical activities, or at least 75 minutes a week of vigorous-intensity aerobic physical activities, or an equivalent combination of moderate-and vigorous-intensity activities.
- 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-intensity activities.
- They should also do muscle strengthening exercise on 2 or more days a week that involves major muscle groups.



長者(年滿65歲或以上)：

對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。

- 每星期應進行最少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。
- 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。
- 每星期進行最少2天或以上針對重要肌羣的強化肌肉運動。
- 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。
- 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。

Elderly (Aged 65 years or above):

Physical activities for all healthy elderly aged 65 or above without any contraindication to physical activity include ordinary and recreational activities in their daily, family and community life, e.g. daily commuting (walking or stair climbing), 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:

- They should engage in at least 150 minutes a week of moderate-intensity aerobic physical activities, or at least 75 minutes a week of vigorous-intensity aerobic physical activities, or an equivalent combination of moderate- and vigorous-intensity activities.
- 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.
- They should also do muscle strengthening exercise on 2 or more days a week that involves major muscle groups.
- The elderly with poor mobility should engage in physical activities on 3 or more days a week that help improve their balance and prevent falls.
- 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.

(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.)

跳舞安全事項 Dancing Safety Tips

1. 跳舞前必須熱身，跳舞後必須進行緩和運動，可預防身體受傷。
To avoid injury, do warm-up and cool-down exercises before and after dancing.
2. 穿著合適該項舞蹈的運動服和鞋子。
Wear suitable clothing and shoes for that type of dance.
3. 在平坦的地面上跳舞。
Dance on a smooth surface.
4. 運動期間如有不適，應立即停止運動，並向醫護人員或專業人士尋求協助。
If feeling unwell during exercise, stop immediately and seek medical assistance or professional help.



更多資訊 More Information

如欲查詢有關「普及健體運動」的資料，請致電康樂及文化事務署（康文署）二十四小時客務熱線：2414 5555（此熱線由「1823」接聽）或瀏覽康文署網頁：www.lcsd.gov.hk/tc/healthy。

For details about the "Healthy Exercise for All Campaign", please call the Leisure and Cultural Services Department (LCSD) 24-hour Customer Hotline at 2414 5555 (This hotline is handled by "1823") or visit the website of LCSD at www.lcsd.gov.hk/en/healthy。

如欲知道更多健康資訊，請致電衛生署健康教育專線：2833 0111 或瀏覽衛生防護中心網頁：www.chp.gov.hk。

For more information on health, please call the Health Education Infoline of the Department of Health at 2833 0111 or visit the Centre for Health Protection Website at www.chp.gov.hk。