

**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*



鳴謝：  
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**普及健體運動**  
Healthy Exercise  
for All Campaign

# 兒童健體手冊

## Children Fitness Handbook





## 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，培養運動的習慣。請訂下運動的目標，只要有恆心，定能為持理想體重！

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 :  
Gender : 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。

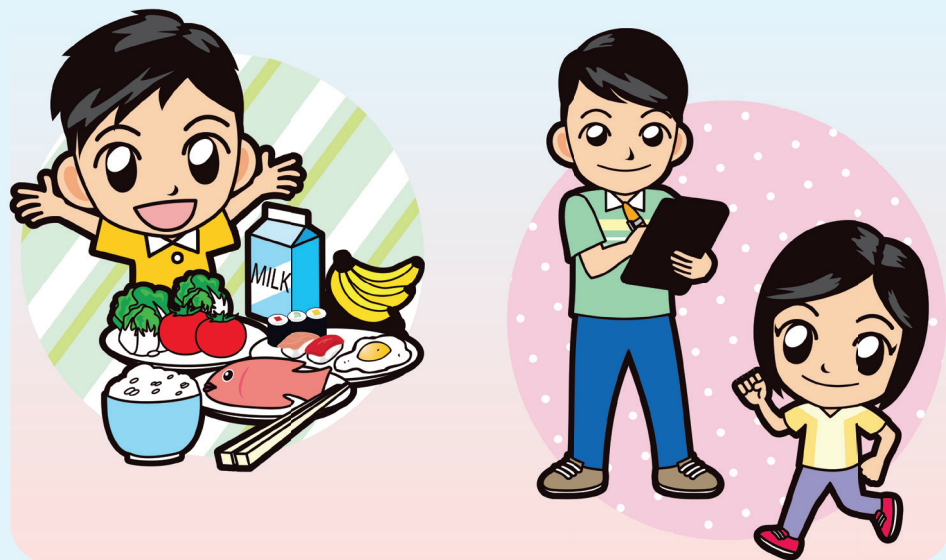
\* Any person who finds this handbook should deliver it to any District Leisure Services Offices under the Leisure and Cultural Services Department.



## 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 1 <sup>st</sup> Testing 日期 Date	目標 Target	第二次測試 2 <sup>nd</sup> Testing 日期 Date
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	分鐘 min		分鐘 min
▪ 時間 Time			
▪ 運動後心率 Post Exercise Heart Rate	次 / 分鐘 beats/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  
Maintain a diversified diet and avoid picky eating. Eat grains and cereals in every meal.
- 吃適量的奶類、肉、魚、蛋及代替品 (包括乾豆)  
Have moderate amounts of milk, meat, fish, eggs and alternatives (including dry beans).
- 多吃蔬菜和水果類食物  
Eat more vegetables and fruits.
- 減少進食含高油、鹽、糖及經醃製和加工的食物  
Reduce consumption of high fat, salt and sugar foods, as well as preserved and processed foods.
- 每天飲用 6 至 8 杯的流質飲品  
Drink 6 to 8 glasses of fluid every day.
- 飲食要定時和定量  
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.





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)
全蛋麵 (熟) Egg noodles (cooked)	1碗 (200克) 1 bowl (200g)	276
通心粉 (熟) Macaroni (cooked)	1碗 (175克) 1 bowl (175g)	277
麥皮 (熟) Oatmeal (cooked)	1碗 (293克) 1 bowl (293g)	208
白粥 Plain congee	1碗 (200克) 1 bowl (200g)	64
藜麥 (熟) Quinoa (cooked)	1碗 (232克) 1 bowl (232g)	278
白飯 Rice (cooked)	1碗 (198克) 1 bowl (198g)	257
麥方包 Sandwich wheat bread	1片 (47克) 1 piece (47g)	122
白方包 Sandwich white bread	1片 (49克) 1 piece (49g)	137
蕎麥麵 (熟) Soba noodles (cooked)	1碗 (143克) 1 bowl (143g)	142
意粉 (熟) Spaghetti (cooked)	1碗 (175克) 1 bowl (175g)	277



蔬菜類 Vegetables		
食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
烩西蘭花 Boiled broccoli	1 個中型 (180 克) 1 stalk, medium (180g)	63
烩椰菜 Boiled cabbage	半碗 (82 克) ½ bowl (82g)	19
白灼菜心 Boiled Chinese flowering cabbage	半碗 (65 克) ½ bowl (65g)	13
白灼生菜 Boiled headed lettuce	半碗 (75 克) ½ bowl (75g)	18
烩粟米 Boiled sweet corn	1 條中型 (103 克) 1 ear, medium (103g)	99
白灼通菜 Boiled water spinach	半碗 (49 克) ½ bowl (49g)	7
熟冬菇 Cooked shiitake mushrooms	4 粒 (72 克) 4 mushrooms (72g)	40
番茄 Tomato	1 個 (111 克) 1 piece (111g)	18



## 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)
焗紅腰豆 Boiled red kidney beans	1湯匙 (11克) 1 tablespoon (11g)	14
焗黃豆 Boiled soybeans	1湯匙 (11克) 1 tablespoon (11g)	19
燜梅頭豬肉 (全瘦) Braised pork blade shoulder (lean)	100克 100g	233
燜排骨 (半肥瘦) Braised spareribs (separable lean and fat)	100克 100g	397
燒牛柳 (瘦) Broiled beef tenderloin (lean)	100克 100g	200
罐頭茄汁沙甸魚(太平洋品種) Canned sardine in tomato sauce (Pacific)	1條 (38克) 1 piece (38g)	70
罐頭水浸白吞拿魚 Canned white tuna in water	1罐(大) (172克) 1 can (large) (172g)	220
鱈魚(大西洋品種, 乾煮) Cod (Atlantic, dry heat)	1件魚柳 (180克) 1 fillet (180g)	189
炸雞脾 Deep-Fried Chicken Leg	100克 100g	250
板豆腐 Firm tofu	¼ 磚 (81克) ¼ block (81g)	57
炸雞翼 Fried chicken wing	1隻, 去骨 (32克) 1 wing, bone removed (32g)	103
煎蛋 Fried egg	1隻大 (46克) 1 large (46g)	90
免治豬肉 (熟) Ground pork (cooked)	100克 100g	297
火腿 Ham	1片 (20克) 1 piece (20g)	26
烔蛋 Hard-boiled egg	1隻大 (50克) 1 large (50g)	78
腸仔 Meat sausage	1條 (35克) 1 link (35g)	95
煎豬大排 (去骨, 半肥瘦) Pan-fried center rib pork chop (boneless,separable lean and fat)	1件 (75克) 1 chop (75g)	205
烤牛肋骨 (去骨, 半肥瘦) Roasted beef rib (boneless, separable lean and fat)	100克 100g	351
烤雞胸肉 (不連皮) Roasted chicken breast (without skin)	100克 100g	165
燒鴨肉 (連皮) Roasted duck (with skin)	半隻 (382克) ½ duck (382g)	1290
燒鴨肉 (不連皮) Roasted duck (without skin)	半隻 (221克) ½ duck (221g)	444
燒鵝肉 (連皮) Roasted goose (with skin)	半隻 (774克) ½ goose (774g)	2361
燒鵝肉 (不連皮) Roasted goose (without skin)	半隻 (591克) ½ goose (591g)	1407
三文魚 (大西洋品種, 乾煮) Salmon (Atlantic, dry heat)	½件魚柳 (178克) ½ fillet (178g)	367
蝦 (濕煮) Shrimp (moist heat)	4大隻 (22克) 4 large (22g)	22
腐竹 Soybean sheet	4件 (29克) 4 pieces (29g)	134



## 水果類 Fruits

食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
牛油果 Avocado	1個 (201克) 1 piece (201g)	322
香蕉 Banana	1隻中型 (118克) 1 medium (118g)	105
哈密瓜 Cantaloupe	半碗切粒 (87克) ½ bowl, cubes (87g)	30
火龍果 Dragon fruit	半個中型 (175克) ½ medium (175g)	98
富士蘋果 (連皮) Fuji apple (with skin)	1個 (180克) 1 piece (180g)	92
提子 (連皮) Grape (with skin)	半碗 (81克) ½ bowl (81g)	56
青奇異果 Kiwi fruit	1個 (69克) 1 piece (69g)	42
橙 Orange	1大個 (184克) 1 large (184g)	86
啤梨 (連皮) Western pear (with skin)	1個 (230克) 1 piece (230g)	117



## 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)
焗肉醬意粉 Baked spaghetti with meat sauce	1碗 (588克) 1 plate (588g)	823
牛腩湯河粉 Flat noodles (ho fan) in soup with stewed beef brisket	1碗 (720克) 1 bowl (720g)	619
乾炒牛肉河粉 Fried flat noodles with sliced beef	1碟 (650克) 1 plate (650g)	910
豉油皇炒麵 Fried noodles with soy sauce	1碟 (400克) 1 plate (400g)	640
揚州炒飯 Fried rice (Yangzhou style)	1碟 (508克) 1 plate (508g)	965
沙爹牛肉即食麵 Instant noodles in soup with satay beef	1碗 (500克) 1 bowl (500g)	600
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
雪菜肉絲湯米粉 Rice vermicelli in soup with preserved mustard green and shredded pork	1碗 (420克) 1 bowl (420g)	332
叉燒飯 Steamed rice with barbecued pork	1碟 (520克) 1 plate (520g)	1040
冬菇蒸雞飯 Steamed rice with chicken and winter mushroom	1碗 (430克) 1 bowl (430g)	688
咖喱牛腩飯 Steamed rice with curry beef brisket	1碟 (800克) 1 plate (800g)	1280
粟米肉粒飯 Steamed rice with diced pork and sweet corn	1碟 (760克) 1 plate (760g)	912
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)	1080





## 飲品 Drinks

食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
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
可樂汽水 Cola	1罐 (330毫升) 1 can (330ml)	122
五花茶 Five flower tea	1杯 (240毫升) 1 cup (240ml)	70
鮮榨橙汁 Fresh orange juice	1杯 (240毫升) 1 cup (240ml)	108
全脂奶 Full cream milk	1杯 (240毫升) 1 cup (240ml)	146
港式咖啡 (不加糖) Hong Kong style coffee (no sugar added)	1杯 (240毫升) 1 cup (240ml)	98
港式奶茶 (不加糖) Hong Kong style milk tea (no sugar added)	1杯 (240毫升) 1 cup (240ml)	106
熱檸蜜 Hot lemon honey	1杯 (240毫升) 1 cup (240ml)	94
凍檸檬茶 Iced lemon tea	1杯 (300毫升) 1 cup (300ml)	138
凍珍珠奶茶 Iced milk tea with pearl tapioca	1杯 (520毫升) 1 cup (520ml)	338
低脂奶 Low fat milk	1杯 (240毫升) 1 cup (240ml)	101
奶昔 Milk shake	1杯 (300毫升) 1 cup (300ml)	330
紅豆冰 Red bean icy drink	1杯 (300毫升) 1 cup (300ml)	243
脫脂奶 Skimmed milk	1杯 (240毫升) 1 cup (240ml)	82
酸梅湯 Sour plum drink	1杯 (240毫升) 1 cup (240ml)	118
甜豆漿 Sweetened soybean milk	1杯 (240毫升) 1 cup (240ml)	98
清茶 Tea	1杯 (240毫升) 1 cup (240ml)	2
可可粉 (無添加糖) Unsweetened cocoa powder	1湯匙 (5克) 1 tablespoon (5g)	11



## 油脂類 Fats and Oils

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



## 中式點心 Chinese Dim Sum

食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
叉燒酥 Barbecued pork puff pastry	1件 (39克) 1 piece (39g)	168
炸饅頭 Deep-fried Chinese bun	1件 (66克) 1 piece (66g)	277
鹹水角 Deep-fried meat dumpling	1件 (45克) 1 piece (45g)	149
芋角 Deep-fried taro dumpling	1件 (40克) 1 piece (40g)	144
煎蘿蔔糕 Pan-fried turnip cake	1件 (84克) 1 piece (84g)	109
春卷 Spring roll	1件 (35克) 1 piece (35g)	112
叉燒包 Steamed barbecued pork bun	1件 (55克) 1 piece (55g)	143
鮮竹卷 Steamed beancurd sheet roll	1件 (56克) 1 piece (56g)	146
雞扎 Steamed beancurd sheet roll with chicken	1件 (86克) 1 piece (86g)	146
山竹牛肉 Steamed beancurd with beef ball	1件 (49克) 1 piece (49g)	88
潮州粉果 Steamed dumpling (Chiuchow style)	1件 (61克) 1 piece (61g)	92
奶皇包 Steamed egg custard bun	1件 (47克) 1 piece (47g)	118
蝦餃 Steamed fresh prawn dumpling (Ha-gau)	1件 (31克) 1 piece (31g)	50
蛋黃蓮蓉包 Steamed lotus seed paste and egg yolk bun	1件 (55克) 1 piece (55g)	165
小籠包 Steamed pork dumpling (Shanghai style)	1件 (37克) 1 piece (37g)	85
豬腸粉 Steamed rice-flour roll	1條 (57克) 1 piece (57g)	63
牛肉腸粉 Steamed rice-flour roll with beef	1條 (80克) 1 piece (80g)	80
燒賣 Steamed stuffed dumpling with shrimp (Siu-mai)	1件 (29克) 1 piece (29g)	58
菜肉包 Steamed vegetable and meat bun	1件 (79克) 1 piece (79g)	182
上素蒸粉果 Steamed vegetarian dumpling	1件 (43克) 1 piece (43g)	47
糯米雞 Sticky rice wrapped in lotus leaf	1件 (339克) 1 piece (339g)	712



## 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)
雜款西餅 Assorted cakes	1件 (76克) 1 piece (76g)	251
芝士漢堡包 Cheese burger	1個 (254克) 1 piece (254g)	610
芝士蛋糕 Cheese cake	1件 (126克) 1 piece (126g)	403
雞尾包 Cocktail bun	1個 (103克) 1 piece (103g)	402
牛角包 Croissant	1個 (62克) 1 piece (62g)	273
咖喱酥皮卷 Curry puff	1件 (70克) 1 piece (70g)	280
丹麥條 Danish pastry	1件 (112克) 1 piece (112g)	426
蛋撻 Egg tart	1個 (70克) 1 piece (70g)	217
魚柳包 Fish burger	1個 (143克) 1 piece (143g)	400
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)	300
紙包蛋糕 "Paper wrapped" cake	1個 (72克) 1 piece (72g)	238
菠蘿包 Pineapple bun	1個 (97克) 1 piece (97g)	349
薄餅麵包 (含芝士、肉類及蔬菜) Pizza bread (contains cheese, meat and vegetables)	1片 (115 克) 1 slice (115g)	299
豬仔包 Plain piggy bun	1個 (74克) 1 piece (74g)	215
肉鬆包 Pork floss bun	1個 (89克) 1 piece (89g)	294
提子包 Raisin bun	1個 (68克) 1 piece (68g)	211
腸仔包 Sausage bun	1個 (96克) 1 piece (96g)	278
吞拿魚包 Tuna fish bun	1個 (106克) 1 piece (106g)	286



## 其他 Others

食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
薑蓉 Ginger puree	1 湯匙 (18 克) 1 tablespoon (18g)	85
蜜糖 Honey	1 湯匙 (21 克) 1 tablespoon (21g)	64
果醬 Jam	1 湯匙 (20 克) 1 tablespoon (20g)	56
蠔油 Oyster sauce	1 湯匙 (18 克) 1 tablespoon (18g)	15
花生醬 Peanut butter	1 湯匙 (16 克) 1 tablespoon (16g)	94



## 小食 Snacks

食物名稱 Food Item	分量 Portion	熱量 (千卡) Calories (kcal)
咖喱魚蛋 Curry fish ball	5 粒 (50 克) 5 balls (50g)	65
煎釀三寶 "Deep-fried three treasures" (Eggplant, bellpepper and fried tofu stuffed with minced meat)	各 1 件，共 3 件 (102 克) 1 piece each, total 3 pieces (102g)	112
乾焗原味杏仁 Dry-roasted plain almond	22 粒 (28 克) 22 kernels (28g)	167
乾焗原味夏威夷果仁 Dry-roasted plain macadamia nuts	10-12 粒 (28 克) 10-12 kernels (28g)	201
乾焗原味花生 Dry-roasted plain peanut	28 粒 (28 克) 28 pieces (28g)	164
硬糖 Hard candies	1 粒 (6 克) 1 piece (6g)	24
雪糕 Ice cream	1 杓 (73 克) 1 scoop (73g)	131
牛奶朱古力 Milk chocolate	1 條，迷你型 (7 克) 1 bar, miniature (7g)	37
烏結糖 Nougat	1 顆 (12 克) 1 piece (12g)	52
爆谷 (已熟) Popcorn (popped)	半包 (83 克) ½ 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)
椰汁馬豆糕 Coconut milk yellow bean pudding	1 件 (85克) 1 piece (85g)	111
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
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
牛蒡酥 Sweet Chinese doughnut	1 條 (141克) 1 piece (141g)	522

資料來源：食物安全中心、美國農業部轄下的營養素資料實驗室  
Source: Centre for Food Safety, Nutrient Data Laboratory, US Department of Agriculture







## 運動篇 Exercise Chapter



適量運動有助管理體重。根據世界衛生組織對 5-17 歲的兒童及青少年的體能活動建議，兒童應平均每天最少進行 60 分鐘中等至劇烈強度的體能活動\*，以帶氧運動為主。每天能進行多於 60 分鐘的體能活動，對健康有更大益處。體能活動計劃應包括每周最少有 3 天進行劇烈強度帶氧運動，以及可強化肌肉和骨骼的運動。

Having regular exercise helps achieve weight management. According to the recommendations from the World Health Organization on the physical activities for children and youngsters aged 5 to 17, children should do at least an average of 60 minutes per day of moderate-to vigorous-intensity\*, mostly aerobic, physical activity. Doing physical activities for more than 60 minutes a day can bring greater health benefits. Physical activity programme should include vigorous-intensity aerobic activities, as well as exercises that strengthen muscle and bone at least 3 days a week.



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。

Remarks:

\* "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	健體舞 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 the 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。  
Choose the right exercise that suits your physical ability and strength.
- 在空氣流通和溫度適中的環境下運動。  
Exercise in an environment with good ventilation and suitable temperature.
- 穿著合適的運動服裝和運動鞋。  
Wear appropriate sportswear and sports shoes.
- 動作切勿過大或過快。  
Do not make any drastic or abrupt movements.
- 運動時要保持呼吸暢順。  
Breathe naturally while doing exercise.
- 運動時如感到不適，可放緩動作或稍作休息。  
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 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

- 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.



- 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.

- 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，並以另一手觸碰家長掌心。

#### 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

- 由仰臥姿勢開始。

Lie on your back as the starting position.

- 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.



- 向前仰起時呼氣，手指觸及膝部。

Exhale when you curl up with fingers touching the knees.

- 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。

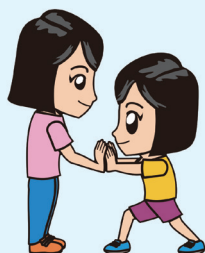
Take a big step forward with the left leg, bend the left knee, and then return to the standing position.



#### 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，向左侧彎腰，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，向右侧彎腰。

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 (大腿外側和臀部)

### 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. 右腿向右侧上擺，然後回復站立姿勢。

Lift your right leg to the right side and then return to the standing position.



3. 左腿向左侧上擺，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. 兒童用力將身體向上拉，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。

Parent/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.



#### 緊記 Remember!!

- 預防勝於治療，減肥並不容易！  
Prevention is better than cure. It is not easy to lose weight!
- 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。

One should establish and uphold habits of healthy eating and lifestyles for better health and optimal body weight.





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 / 教練根據小朋友本週表現，給予合適的評語及鼓勵。

👍 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！

請於適當空格內加 '✓' 號

Weekday	Self-Evaluation Items	Week					
		1	2	3	4	5	6
MON	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
TUE	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
WED	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
THU	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
FRI	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
SAT	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not eaten high fat, salt and sugar foods today.						
SUN	I have completed 60 minutes or more exercise today. I have a balance diet at breakfast, lunch and dinner today and I am not picky about what I eat. I have not 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!

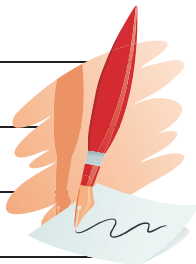
👍👍 You are doing fine and are just one step away from you target, so keep up the efforts!

👍👍👍 You are doing great. Well done and keep it up!

Please tick '✓' in the appropriate box



## Notes :

A red quill pen with a silver band is positioned diagonally over a small, light blue notepad. The notepad features a single wavy line of cursive script. The entire scene is set against a background of horizontal ruling lines, with the pen and notepad located in the bottom right corner.

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