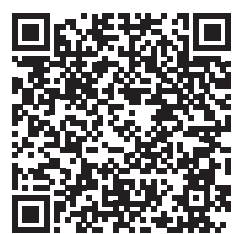


**日日運動身體好**  
*Daily exercise keeps us fit* **男女老幼做得到**  
*People of all ages can do it*



鳴謝：  
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2023年版Edition

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

# 殘疾人士

健體計劃  
紀錄冊

Record Booklet for Fitness Programmes  
for Persons with Disabilities





## 殘疾人士健體計劃簡介

適量的運動對健康有莫大裨益，對殘疾人士更為重要。為鼓勵殘疾人士養成經常進行適量運動的習慣，康樂及文化事務署（康文署）特別推行「殘疾人士健體計劃」，並設計了一套簡單易學的「普及健體操」，方便各位朋友在日常生活中練習。

康文署會透過外展方式為殘疾人士舉辦健體推廣活動，並安排合資格教練前往各區的特殊學校、庇護工場及復康機構，指導殘疾人士及其照顧者進行健體活動。

此項計劃會以自我實踐的形式進行。當教練到訪你的機構時，會將一本「記錄冊」派給你。希望你們記下運動的日子，提醒自己日日做運動，達至強身健體，身心健康。你只需訂下運動目標，持之以恆，並在冊內記錄自己在 12 個星期內的運動模式和時間，之後你定能察覺到健康有所改善。

## Introduction of the Fitness Programmes for Persons with Disabilities (PwDs)

Moderate amount of exercise is good for our health, especially for PwDs. To encourage PwDs to develop a habit of doing a moderate amount of exercise, the “Fitness Programme for Persons with Disabilities” is specifically launched comprising a set of “Fitness Exercise”. Simple and easy to learn, the fitness exercise can be practised in daily life.

The Leisure and Cultural Services Department will arrange outreaching promotional activities on healthy exercise in various districts for persons with disabilities. Qualified instructors will visit special schools, sheltered workshops and rehabilitation institutions to guide and teach the disabled and their carers how to exercise.

The programme will be implemented in the form of a self-attainment scheme. You will be given a “Record Booklet” by an instructor when visiting your organisation. Remember to record the dates of your exercise and remind yourself to exercise daily to stay fit and healthy. All you need is to set your exercise target and make it a habit. Record the pattern and duration of your exercise in 12 weeks and you will notice the health benefits can bring.

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

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

年齡 : \_\_\_\_\_  
Age : \_\_\_\_\_

身高 : \_\_\_\_\_ 厘米 體重 : \_\_\_\_\_ 公斤  
Height : \_\_\_\_\_ cm Weight : \_\_\_\_\_ kg

體質指數 : \_\_\_\_\_  
Body Mass Index (BMI) : \_\_\_\_\_

(請參考第 13 頁資料)  
(Please refer to the information on P.13)

靜態心率 : \_\_\_\_\_ 次 / 分鐘  
Resting Heart Rate : \_\_\_\_\_ beats per minute

運動心率 : \_\_\_\_\_ 次 / 分鐘  
Exercise Heart Rate : \_\_\_\_\_ beats per minute

喜愛的體能活動 : \_\_\_\_\_  
Favourite physical activity : \_\_\_\_\_

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

所屬機構名稱 : \_\_\_\_\_  
Name of organisation : \_\_\_\_\_

分區 : \_\_\_\_\_  
District : \_\_\_\_\_

參加活動日期 : \_\_\_\_\_ 年 \_\_\_\_\_ 月 \_\_\_\_\_ 日  
Date of activity : \_\_\_\_\_ Year \_\_\_\_\_ Month \_\_\_\_\_ Day

[如拾獲本記錄冊，請交回上述機構或康樂及文化事務署（康文署）轄下地區康樂事務辦事處。]

[If found this Record Booklet, please return to the organisation or District Leisure Services Offices under the Leisure and Cultural Services Department (LCSD)]

運動能促進血液循環，增強心肺功能及體能，提升運動能力，減低患上心血管病、高血壓、中風和糖尿病的風險，並有助預防部份癌症（例如：大腸癌）。

Exercise improves blood circulation, cardiopulmonary function and physical fitness, enhances sports performance and reduces the risk of cardiovascular disease, hypertension, stroke and diabetes. It also helps prevent certain types of cancer (e.g. colorectal cancer).

## 我現時的運動習慣 (以過去一個月作評估)

My Exercise Habit (Assessment based on the exercise pattern over the last month)

請在適當方格內填寫及加上“✓”號。

Please put a “✓” in the appropriate box.

運動種類 (可選多於一個種類) Types of exercise (You can select more than one option)	每星期運動次數 Weekly frequency of doing exercise
<input type="checkbox"/> 跑步 Running	<input type="checkbox"/> 每日運動 Exercise for _____ 分鐘 minutes daily
<input type="checkbox"/> 健行 Walking	<input type="checkbox"/> 每星期 5-6 次，每次 5 - 6 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 游泳 Swimming	<input type="checkbox"/> 每星期 3-4 次，每次 3 - 4 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 球類運動 Ball Games	<input type="checkbox"/> 每星期 1-2 次，每次 1 - 2 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 普及健體操 Fitness Exercise for Persons with Disabilities	<input type="checkbox"/> 每星期運動少於 1 次，每次 Less than once of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 其他 Others _____	<input type="checkbox"/> 沒有 None

## 我的運動目標

My Exercise Target

### (一) 我想建立經常運動的習慣

I want to establish a habit of regular exercise

運動種類 (可選多於一個種類)

Types of exercise (You can select more than one option)

每星期運動次數

Weekly frequency of doing exercise

<input type="checkbox"/> 跑步 Running	<input type="checkbox"/> 每日運動 Exercise for _____ 分鐘 minutes daily
<input type="checkbox"/> 健行 Walking	<input type="checkbox"/> 每星期 5-6 次，每次 5 - 6 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 游泳 Swimming	<input type="checkbox"/> 每星期 3-4 次，每次 3-4 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 球類運動 Ball Games	<input type="checkbox"/> 每星期 1-2 次，每次 1-2 times of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 普及健體操 Fitness Exercise for Persons with Disabilities	<input type="checkbox"/> 每星期運動少於 1 次，每次 Less than once of exercise a week, each time at _____ 分鐘 minutes
<input type="checkbox"/> 其他 Others _____	<input type="checkbox"/> 沒有 None

### (二) 其他目標:我想好好管理體重

Other target: I want to manage my weight

我現時的體重 : \_\_\_\_\_ (公斤)

My current weight : \_\_\_\_\_ (kg)

我的目標體重:

My target weight: \_\_\_\_\_ (公斤)  
(kg)

### (三) 其他目標:我想改善中央肥胖

Other target: I want to reduce abdominal fat

我現時的腰圍 : \_\_\_\_\_ (厘米)

My current waist circumference : \_\_\_\_\_ (cm)

我的目標腰圍 :

My target waist circumference : \_\_\_\_\_ (厘米)  
(cm)

### (四) 其他目標 (如有需要選定此項)

Other target(s) (if applicable)

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填寫日期 :

Date of filling : \_\_\_\_\_

註:請參考世界衛生組織建議 (第 13 及 14 頁)

Note: Please refer to the recommendations from the World Health Organisation (P.13 and P.14)



## 運動記錄表 Exercise Record

週 Week	日期 Date	運動種類 Types of Exercise	運動時間 (分鐘) Duration of Exercise (minutes)	☆
一				
二				
三				
四				

☆：如當日累積運動時間達 30 分鐘或以上，請加 '☆' 號  
 ☆：If you exercise for more than 30 minutes that day, please put a '☆'

## 第四週檢討 Assessment in week 4

(一) 我現時的運動習慣  
My current exercise habit

填寫日期：  
Date of Filling : \_\_\_\_\_

運動種類 (可選多於一個種類)

Types of exercise (You can select more than one option)

☐ 跑步  
Running

☐ 健行  
Walking

☐ 游泳  
Swimming

☐ 球類運動  
Ball Games

☐ 普及健體操  
Fitness Exercise for Persons with Disabilities

☐ 其他  
Others \_\_\_\_\_

每星期運動次數

Weekly frequency of doing exercise

☐ 每日運動 \_\_\_\_\_ 分鐘  
Exercise for \_\_\_\_\_ minutes daily

☐ 每星期 5-6 次，每次 \_\_\_\_\_ 分鐘  
5-6 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期 3-4 次，每次 \_\_\_\_\_ 分鐘  
3-4 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期 1-2 次，每次 \_\_\_\_\_ 分鐘  
1-2 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期運動少於 1 次，每次 \_\_\_\_\_ 分鐘  
Less than once of exercise a week, each time at \_\_\_\_\_ minutes

☐ 沒有  
None

請在適當方格內填寫及加上“✓”號。  
Please put a “✓” in the appropriate box.

(二) 我現時的體重： \_\_\_\_\_ (公斤) (如已選定此項)  
My current weight : \_\_\_\_\_ (kg) (if you select this item)

(三) 我現時的腰圍： \_\_\_\_\_ (厘米) (如已選定此項)  
My current waist circumference: \_\_\_\_\_ (cm) (if you select this item)

(四) 其他目標的進度： \_\_\_\_\_ (如已選定此項)  
Progress of other target(s): \_\_\_\_\_ (if you select this item)

自我評估 Self-assessment

	目標達成 Target Achieved	頗滿意 Quite Satisfied	尚算滿意 Marginally Satisfied
滿意程度 Level of Satisfaction			
	恭喜你！ 你已達成目標 Congratulations! You have achieved your target	繼續努力，成功在望 You are just one step away from your target, so keep up the efforts!	你已踏出第一步，堅持下去吧！ You have already taken the first step, so keep up the efforts!
請評估你在過往四週的成績，並在適當方格加上“✓”號 Please assess how effective the exercise you have been doing in the past four weeks is and put a “✓” in the appropriate box			

運動能鍛鍊肌肉，減低患上骨質疏鬆的機會，並增加關節的靈活性及柔軟度，減低受傷和跌倒的風險。  
Exercise can strengthen muscles and reduce the risk of osteoporosis. It can also enhance joint mobility and flexibility, reduce the risk of falls and injuries.



## 運動記錄表 Exercise Record

週 Week	日期 Date	運動種類 Types of Exercise	運動時間 (分鐘) Duration of Exercise (minutes)	☆
五				
六				
七				
八				

☆：如當日累積運動時間達 30 分鐘或以上，請加 '☆' 號  
 ☆：If you exercise for more than 30 minutes that day, please put a '☆'

## 第八週檢討 Assessment in week 8

(一) 我現時的運動習慣  
My current exercise habit

填寫日期：  
Date of Filling : \_\_\_\_\_

運動種類 (可選多於一個種類)

Types of exercise (You can select more than one option)

每星期運動次數

Weekly frequency of doing exercise

☐ 跑步  
Running

☐ 每日運動 \_\_\_\_\_ 分鐘  
Exercise for \_\_\_\_\_ minutes daily

☐ 健行  
Walking

☐ 每星期 5-6 次，每次 \_\_\_\_\_ 分鐘  
5-6 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 游泳  
Swimming

☐ 每星期 3-4 次，每次 \_\_\_\_\_ 分鐘  
3-4 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 球類運動  
Ball Games

☐ 每星期 1-2 次，每次 \_\_\_\_\_ 分鐘  
1-2 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 普及健體操  
Fitness Exercise for Persons with Disabilities

☐ 每星期運動少於 1 次，每次 \_\_\_\_\_ 分鐘  
Less than once of exercise a week, each time at \_\_\_\_\_ minutes

☐ 其他 \_\_\_\_\_  
Others \_\_\_\_\_

☐ 沒有  
None

請在適當方格內填寫及加上 "✓" 號。  
Please put a "✓" in the appropriate box.

(二) 我現時的體重： \_\_\_\_\_ (公斤) (如已選定此項)  
My current weight : \_\_\_\_\_ (kg) (if you select this item)

(三) 我現時的腰圍： \_\_\_\_\_ (厘米) (如已選定此項)  
My current waist circumference: \_\_\_\_\_ (cm) (if you select this item)

(四) 其他目標的進度： \_\_\_\_\_ (如已選定此項)  
Progress of other target(s): \_\_\_\_\_ (if you select this item)

自我評估 Self-assessment

	目標達成 Target Achieved	頗滿意 Quite Satisfied	尚算滿意 Marginally Satisfied
滿意程度 Level of Satisfaction			
	恭喜你！ 你已達成目標 Congratulations! You have achieved your target	繼續努力，成功在望 You are just one step away from your target, so keep up the efforts!	你已踏出第一步，堅持下去吧！ You have already taken the first step, so keep up the efforts!
請評估你在過往四週的成績，並在適當方格加上 "✓" 號 Please assess how effective the exercise you have been doing in the past four weeks is and put a "✓" in the appropriate box			

運動能鍛鍊肌肉，減低患上骨質疏鬆的機會，並增加關節的靈活性及柔軟度，減低受傷和跌倒的風險。  
Exercise can strengthen muscles and reduce the risk of osteoporosis. It can also enhance joint mobility and flexibility, reduce the risk of falls and injuries.

## 運動記錄表 Exercise Record

週 Week	日期 Date	運動種類 Types of Exercise	運動時間 (分鐘) Duration of Exercise (minutes)	☆
九				
十				
十一				
十二				

☆：如當日累積運動時間達 30 分鐘或以上，請加 '☆' 號  
 ☆：If you exercise for more than 30 minutes that day, please put a '☆'

## 第十二週檢討 Assessment in week 12

(一) 我現時的運動習慣  
My current exercise habit

填寫日期：

Date of Filling : \_\_\_\_\_

運動種類 (可選多於一個種類)

Types of exercise (You can select more than one option)

每星期運動次數

Weekly frequency of doing exercise

☐ 跑步  
Running

☐ 健行  
Walking

☐ 游泳  
Swimming

☐ 球類運動  
Ball Games

☐ 普及健體操  
Fitness Exercise for Persons with Disabilities

☐ 其他  
Others \_\_\_\_\_

☐ 每日運動 \_\_\_\_\_ 分鐘  
Exercise for \_\_\_\_\_ minutes daily

☐ 每星期 5-6 次，每次 \_\_\_\_\_ 分鐘  
5-6 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期 3-4 次，每次 \_\_\_\_\_ 分鐘  
3-4 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期 1-2 次，每次 \_\_\_\_\_ 分鐘  
1-2 times of exercise a week, each time at \_\_\_\_\_ minutes

☐ 每星期運動少於 1 次，每次 \_\_\_\_\_ 分鐘  
Less than once of exercise a week, each time at \_\_\_\_\_ minutes

☐ 沒有  
None

請在適當方格內填寫及加上“✓”號。

Please put a “✓” in the appropriate box.

(二) 我現時的體重：\_\_\_\_\_ (公斤) (如已選定此項)  
My current weight : \_\_\_\_\_ (kg) (if you select this item)

(三) 我現時的腰圍：\_\_\_\_\_ (厘米) (如已選定此項)  
My current waist circumference: \_\_\_\_\_ (cm) (if you select this item)

(四) 其他目標的進度：\_\_\_\_\_ (如已選定此項)  
Progress of other target(s): \_\_\_\_\_ (if you select this item)

自我評估 Self-assessment

	目標達成 Target Achieved	頗滿意 Quite Satisfied	尚算滿意 Marginally Satisfied
滿意程度 Level of Satisfaction			
	恭喜你！ 你已達成目標 Congratulations! You have achieved your target	繼續努力，成功在望 You are just one step away from your target, so keep up the efforts!	你已踏出第一步，堅持下去吧！ You have already taken the first step, so keep up the efforts!
請評估你在過往四週的成績，並在適當方格加上“✓”號 Please assess how effective the exercise you have been doing in the past four weeks is and put a “✓” in the appropriate box			

運動能鍛鍊肌肉，減低患上骨質疏鬆的機會，並增加關節的靈活性及柔軟度，減低受傷和跌倒的風險。

Exercise can strengthen muscles and reduce the risk of osteoporosis. It can also enhance joint mobility and flexibility, reduce the risk of falls and injuries.



**恭喜你！** 你已完成 12 個星期健體計劃，達到自己訂下的目標。倘若你未能達到每天運動至少 30 分鐘的目標，不要氣餒！只要因應自己的能力，持之以恆，循序漸進，必定可取得有效的成果。最後，希望你能經常保持做運動的習慣，以保持身體健康。

**Congratulations!** You have completed the 12-week fitness programme and reached your target. Don't give up even though you cannot achieve the target level of exercise for at least 30 minutes a 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. Lastly, remember to make exercise a habit to stay healthy.

備忘 : \_\_\_\_\_  
NOTES : \_\_\_\_\_

[illegible]

## 備忘 NOTES

An illustration of three children in the bottom right corner. A boy in a yellow shirt is standing and holding a dumbbell. A boy in a blue shirt is sitting in a wheelchair, holding a basketball. A girl in a red shirt is standing next to him, holding a jump rope. The background is a light blue sky with white clouds and a green field with yellow flowers.

## 參考資料

### Reference information

#### 體質指數

#### Body Mass Index (BMI)

你的體重與身高比例是否適中？請利用下列方程式計算你的體質指數：

Are your weight and height in appropriate proportion? To know the answer, calculate your BMI using the following equation:

$$\text{體質指數} = \frac{\text{體重 (公斤)}}{(\text{身高 (米)})^2}$$

$$\text{BMI} = \frac{\text{Body weight (kg)}}{(\text{Body height (m)})^2}$$

例如：一名身高 1.8 米、體重 70 公斤的男士，其體質指數是：70 ÷ (1.8 × 1.8) = 21.6  
For example: the BMI of a man 1.8m in height and 70kg in weight is : 70 ÷ (1.8 × 1.8) = 21.6

根據下表，該名男士的體質指數屬於適中。

According to the table below, his BMI falls within the normal range.

體質指數 (BMI) (適用於亞洲成年人) (for Asian adults)	少於 18.5    Less than 18.5	過輕    Underweight
	18.5 - 22.9	適中    Normal
	23 - 24.9	過重    Overweight
	25 - 29.9	肥胖    Obese
	30 或以上 30 or above	嚴重肥胖    Severely obese

計算體質指數是評估成人是否過輕或過重的方法之一；但如遇下列情況，則以量度皮下脂肪的方法較為準確：

Calculating BMI is one of the methods to find out whether an adult is underweight or overweight. However, measuring the level of subcutaneous fat is a more accurate method in the following situations:

- 經常運動的人士，肌肉較多，脂肪卻較少。他們的體重可能超出標準，但仍屬健康；  
People who exercise regularly have more muscles and less fat. They may be overweight but healthy.
- 有些人並無過重，但肌肉質量可能遠低於標準，而脂肪量卻遠高於正常水平。他們的體重雖然適中，但也屬於肥胖。  
Some people who are not overweight may have muscle mass that is way below standard and body fat far higher than the normal level. They are considered obese despite having a normal body weight.

## 中央肥胖

## Central obesity

根據世界衛生組織資料，對於一般亞洲成年人而言，如果腰圍尺寸相等於或超出以下水平，將被界定為中央肥胖，並較一般人具有較高患上慢性病的風險。

According to the World Health Organization, for adults in Asia, if the waist circumference equal to or exceeds the following levels, it will be defined as central obesity and has a higher risk of developing chronic diseases than the average person.

性別 Gender	腰圍 (厘米) Waist Circumference (cm)	腰圍 (吋) Waist Circumference (inch)
男 Male	90 或以上 90 or above	約 36 around 36
女 Female	80 或以上 80 or above	約 32 around 32

## 遊戲時間 Game Time

