

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



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

鳴謝：中國香港體適能總會

Acknowledgement: Physical Fitness Association of Hong Kong, China

2023年版Edition

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) : _____

最常參與的體能運動 :
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 (日 / 月 / 年) :
Date of Joining the Fitness Programme (Year/Month/Day) : _____

- * 如拾獲本手冊，請交回上述長者中心或任何康樂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 Current 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）、做家務、及參與遊戲、競賽、體育和有計劃的運動。

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.

65 歲以上長者 Elderly aged 65 and above

參考世界衛生組織於二零二零發表《關於身體活動和久坐行為指引》，建議所有健康且沒有體能活動禁忌長者：

Under World Health Organisation (WHO) guideline on physical activity and sedentary behavior issued in 2020, all healthy elderly without any contraindication to physical activity are advised to:

- 應每星期進行最少 150-300 分鐘的中等強度有氧活動；或最少 75-150 分鐘的劇烈強度有氧活動；或等量的中等強度和劇烈強度組合活動。
Do at least 150–300 minutes of moderate-intensity aerobic physical activity, or at least 75–150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity throughout the week.
- 要獲得更大的健康效益，可以把每星期中等強度有氧活動增加至 300 分鐘以上；或進行 150 分鐘以上的劇烈強度有氧活動；或等量的中等強度和劇烈強度組合活動。
Achieve greater health benefits through increasing the dose of moderate-intensity aerobic physical activity to more than 300 minutes, or more than 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity throughout the week.
- 每星期兩天或以上進行中等強度或更高強度的強化肌肉活動，針對鍛煉重要肌肉群。
Do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week.
- 每星期三天或以上進行多樣化體能活動，著重中等或更高強度的功能性平衡和力量訓練，以增強功能性能力和防止跌倒。
Do varied multicomponent physical activities that emphasise functional balance and strength training of moderate or greater intensity on 3 or more days a week to enhance functional capacity and to prevent falls.

- 由於健康原因不能完成上述建議體能活動量的長者，亦應在能力和條件許可情況下盡量多活動。
For the elderly who cannot do the amounts of physical activity recommended above due to health conditions, they should be as physically active as their abilities and conditions allow.

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出長者體能活動量指引同樣適用於 60 至 64 歲人士。

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			

如果你今日做了最少半小時運動，請在上表畫上“✓”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			

如果你今日做了最少半小時運動，請在上表畫上“✓”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			

如果你今日做了最少半小時運動，請在上表畫上“✓”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	每星期至少一次半小時運動 At least half an hour of physical activity every week
第一個月 First Month (年 月) (Year Month)			
第二個月 Second Month (年 月) (Year Month)			
第三個月 Third Month (年 月) (Year Month)			

恭喜你！
Congratulations!

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！

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

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