

**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*



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

# 普及健體運動

## Healthy Exercise for All Campaign



 康樂及文化事務署  
Leisure and Cultural  
Services Department

 衛生署  
Department of Health



# 普及健體運動

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### 目的 Aim

「普及健體運動」是康樂及文化事務署（康文署）與衛生署合辦的全民運動，自 2000 年 4 月推出，並以「日日運動身體好 男女老幼做得到」為宣傳口號，旨在提高市民對運動的興趣，宣揚運動對健康的好處，並鼓勵市民把運動融入生活，培養勤做運動的家庭文化。

Launched in April 2000, the "Healthy Exercise for All Campaign" is a territory-wide event jointly organised by the Leisure and Cultural Services Department (LCSD) and the Department of Health (DH). With the slogan of "Daily exercise keeps us fit People of all ages can do it", the Campaign aims at raising the public's interest in doing exercise, promoting the benefits of regular exercise for health, and encouraging the public to build exercise into their daily life and create a family culture of regular exercise.

### 活動內容 Activities

為達至「普及健體運動」的目的，康文署與衛生署聯同相關的體育總會、專業團體、非政府機構和學校等，在全港十八區合辦各類型康樂體育活動，包括為兒童、長者和殘疾人士而設的健體計劃，亦有專為上班一族以及婦女而設計的伸展健體操。此外，其他活動例如「行山樂」、「優質健行」、「跳舞強身」和「跳繩樂」，則旨在提供更多類型活動以鼓勵市民勤做運動。這些康體活動讓參加者可在指導下和掌握基本技巧後自行鍛鍊，一直深受市民歡迎，參加人數不斷上升。

To achieve the aims of the "Healthy Exercise for All Campaign", LCSD and DH have joined hands with the National Sport Associations, professional bodies, non-government organisations and schools, etc. in organising various recreational and sports activities in the 18 districts across the territory, including fitness programmes for children, elderly and persons with disabilities and stretching exercises for working people and women. In addition, other programmes such as "Hiking Scheme", "QualiWalk", "Dance for Health" and "Rope Skipping for Fun" are also available throughout the 18 districts across the territory for participation of members of the public. Participants can engage in these well received programmes through self-practice under instruction after acquiring the basic techniques. The number of participants increases year after year.

為進一步推動社會各界舉辦活動，傳遞勤做運動和建立健康生活模式的訊息，康文署特設免費的展板外借及展板內容下載服務，供學校、長者中心、青少年中心、復康中心、商場、屋苑會所等機構使用。同時，康文署亦推出專題網頁、海報、橫額、宣傳單張、小冊子及短片等各類宣傳物資，以便更全面地向市民宣傳做運動的好處，從而建立健康的生活模式。

To encourage different sectors of the community to organise activities to promote a sporting culture and a healthy lifestyle, LCSD offers the free loan of exhibition panels and free download of panel contents to schools, elderly centres, youth centres, rehabilitation centres, shopping centres, clubhouses of housing estates, etc. Moreover, LCSD also provides promotional materials such as dedicated websites, posters, banners, promotional leaflets, pamphlets and videos, etc. with a view to disseminating to the members of the public more comprehensively the message that doing exercise regularly can bring health benefits and help build a healthy lifestyle.



## 愛健康 Stay healthy 樂運動 Enjoy Exercise



### 運動與健康 Exercise and Health

根據「全港社區體質調查」結果，結果顯示各年齡層大部分體質參數較十年前同類測試的結果有所改進，反映市民對健康日益關注；但結果亦指出超過半數的市民日常體能活動未達世界衛生組織（世衛）的指標。體能活動有助降低患上一系列非傳染病風險，包括糖尿病、高血壓、心血管病、中風、部分癌症（例如大腸癌）和抑鬱症等。任何人不論年齡、性別或身體狀況，常做適量運動，定可改善健康。運動無須劇烈，中等強度（令人輕微流汗，心跳和呼吸稍為加快）的運動已可促進健康。

According to the findings of the Territory-wide Physical Fitness Survey for the Community. The overall findings of the survey revealed that although most of the physical fitness parameters have improved across different age groups compared to the findings of a similar survey a decade ago, reflecting the growing health awareness of the public. The findings also indicated, however, that more than half of the public did not meet the daily physical activity level as recommended by the World Health Organization (WHO). Physical activity can lower the risk of non-communicable diseases, including diabetes, hypertension, cardiovascular diseases, stroke, certain types of cancer (e.g. colorectal cancer) and depression. A moderate amount of regular exercise can help improve health and well-being, regardless of one's age, gender and physical condition. It is not necessary to do the most strenuous exercise as moderate intensity exercises that cause mild sweating and slightly speed up one's breathing and heart rate are enough to bring health benefits.

我們應把運動融入生活中，例如多步行、行樓梯、做家务及早點起床、利用午膳或晚飯前的時間做運動。兒童及青少年每星期平均每天進行最少 60 分鐘中等至劇烈強度的體能活動，而成年人則每星期進行最少 150-300 分鐘中等至劇烈強度的體能活動，促進身體健康。我們在公餘或課後多做運動既可舒緩神經緊張，亦可改善睡眠質素。在假日與家人或朋友一起做運動，既可培養對運動的興趣，又可加強與家人和朋友的溝通，一舉數得。大家今天就坐言起行，一起培養勤做運動的家庭文化吧！

We can build exercise into our daily life, e.g. walking more, stair climbing, doing housework or doing exercise by getting up earlier in the morning or making use of lunchtime or the time before dinner. Children and youngsters are recommended to do at least an average of 60 minutes per day of moderate-to-vigorous physical activity, across the week, while adults are recommended to do at least 150-300 minutes of moderate-to-vigorous physical activity throughout a week for better health. Doing exercise after work or school can help relieve stress and sleep better. Doing exercise with family or friends on holidays will not only foster interest in sports but also enhance communication with them. So get up on your feet and create a family culture of regular exercise!

### 運動種類 Types of Exercise

儘管生活忙碌，也應培養恆常運動的習慣。運動種類繁多，我們可按個人興趣，選擇喜愛的運動。以健康效益來劃分，運動可分為三大類：

Despite our busy life, we should make exercise a habit. There is a wide range of exercises and you can choose the type of exercise that you find interesting and motivating. Exercise can be classified into three main categories according to their health benefits:

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## 1. 心肺耐力鍛鍊運動

### Cardiorespiratory Endurance Exercises

- 健康效益:**  
Health benefits:
- 促進血液循環，增強心肺功能  
improving your blood circulation and cardiopulmonary function
  - 消耗熱量，有助保持健康體重  
to expend energy and keep a healthy body weight
  - 減低患上慢性疾病和部分癌症的風險  
reducing the risk of chronic diseases and some types of cancer
  - 舒緩壓力  
relieving stress

- 種類:**  
Types of exercise:
- 游泳、行山、優質健行、踏單車、緩步跑、行樓梯和跳健體舞等  
swimming, hiking, QualiWalk, cycling, jogging, stair climbing and aerobic dance, etc.

- 須知:**  
Points to note:
- 選擇適合自己能力和興趣的活動  
choose activities according to your ability and interest
  - 每星期進行最少 5 次，每次為 30-60 分鐘中等強度的鍛鍊  
exercise for at least 5 times per week, 30-60 minutes each time with moderate-intensity
  - 初習者可分段（每次最少 10 分鐘）進行，然後按個人能力逐步增加強度和時間  
beginners can start with bolus each lasting for at least 10 minutes, and then gradually increase intensity and duration according to ability

## 2. 肌肉鍛鍊運動

### Muscle strengthening Exercises

- 健康效益:**  
Health benefits:
- 保持身體姿勢正確，改善體型  
helping you to maintain the correct body posture and improve your body shape
  - 減少肌肉關節的慢性痛症  
reducing chronic pain in muscles and joints
  - 增加身體的自我保護能力  
increasing the self-protection ability of your body
  - 增強運動能力  
enhancing your sports performance
  - 減低受傷風險  
reducing the risk of injuries

- 種類:**  
Types of exercise:
- 器械健體、舉啞鈴等  
multi-gym exercise, dumbbell lifting, etc.

**須知:**  
Points to note:

- 鍛鍊應循序漸進、量力而為  
increase resistance / duration gradually according to ability
- 速度要適中，用力時呼氣、放鬆時吸氣  
perform at appropriate pace; exhale when exerting force and inhale when relaxing
- 每星期針對主要肌群做 2-3 次低至中等強度負荷，每次 2-4 組（1 組 = 重複動作 10-15 次；組與組之間要有充分休息）  
train 2-3 muscle groups weekly, low to moderate resistance, 2-4 sets each time (1 set = 10-15 repetitions; have sufficient rest in between sets)
- 初期以鍛鍊耐力為目標，及後可鍛鍊力量  
aim at building up endurance first and followed by building up power

## 3. 伸展運動

### Stretching Exercises

- 健康效益:**  
Health benefits:
- 伸展身體不同部位，活動關節，舒展筋骨  
stretching and exercising different parts of your body to improve the mobility of joints and relax your muscles
  - 作為運動前的熱身及運動後的緩和練習，可幫助肌肉放鬆，改善關節活動，鬆弛神經  
serving the purposes of warming up and cooling down before and after exercise as it helps relax the mind and muscles and improving joints ability
  - 增強活動能力及運動表現  
enhancing physical ability and sports performance
  - 減低運動受傷的風險  
reducing the risk of sport injuries

- 種類:**  
Types of exercise:
- 身體不同部位的靜態伸展運動  
static stretching exercises for different parts of the body

- 須知:**  
Points to note:
- 避免進行抽動或彈振的動作  
avoid jerky movements or ballistic stretching
  - 保持呼吸暢順  
maintain smooth breathing
  - 每星期不少於 2 至 3 天的鍛鍊，初學者以靜態伸展為主  
do stretching exercise 2 to 3 days a week. Beginner can start with mainly static stretching exercises.
  - 每套動作做 2 至 4 次，每次伸展時維持動作 10 至 30 秒  
repeat each set of movement 2 to 4 times, and hold the stretching posture for 10 to 30 seconds
  - 伸展中的肌肉應保持放鬆，而伸展部位要有輕微拉緊的感覺  
keep the stretching muscles relaxed while the part of the body being stretched feels a slight pull

# 體能活動與熱量消耗

## Physical Activities and Energy Expenditure

研究顯示，運動無須劇烈，中等強度（令人輕微流汗，心跳和呼吸稍為加快）的運動已能促進健康。身體的熱量消耗會因應活動的劇烈程度、時間長短和個人因素而有所不同。

Studies show that it is not necessary for exercises to be strenuous as exercises of moderate-intensity (which cause mild sweating and slightly higher breathing and heart rates) are enough to bring benefits to our health. The amount of energy expended during exercise varies with the intensity and duration of the exercises as well as personal factors.

### 計算熱量消耗的方程式如下：

The formula for energy expenditure is as follows:

體重 (公斤) × 活動時間 (小時) × 代謝等值 (MET)	Body Weight(kg) × Activity Duration(hour) × Metabolic Equivalent(MET)
舉例：一名體重 60 公斤人士，透過急步走 30 分鐘所消耗的熱量為：60 公斤 × 0.5 小時 × 4.3 METs = 129 千卡	Example: The amount of energy expended by 30 minutes of speed walking by a 60kg person is: 60kg × 0.5 hour × 4.3 MET=129 kcal

下表載列不同活動所消耗的熱量（以活動 30 分鐘計算）：

The amount of energy expended in performing the following activities for 30 minutes are as follows:

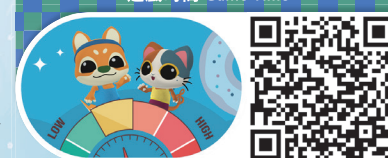
體能活動 Physical Activities	代謝等值 (MET)*	40 公斤 kg (千卡 kcal)	50 公斤 kg (千卡 kcal)	60 公斤 kg (千卡 kcal)	70 公斤 kg (千卡 kcal)	80 公斤 kg (千卡 kcal)	90 公斤 kg (千卡 kcal)
靜坐 Sitting	1.3	26	33	39	49	52	59
抹車打蠟 Car waxing	2.0	40	50	60	70	80	90
彈琴 Playing piano	2.3	46	58	69	81	92	104
園藝 Gardening	3.8	76	95	114	133	152	171
掃地 Floor sweeping	3.3	66	83	99	116	132	149
伸展運動 Stretching	2.3	46	58	69	81	92	104
社交舞 Social dance	3.0	60	75	90	105	120	135
步行 Walking	3.5	70	88	105	123	140	158
行樓梯 Stair climbing	4.0	80	100	120	140	160	180
乒乓球 Table-tennis	4.0	80	100	120	140	160	180
急步走 Speed walking	4.3	86	108	129	151	172	194
高爾夫球 Golf	4.8	96	120	144	168	192	216
健體舞 Aerobic dance	5.0	100	125	150	175	200	225
行山 Hiking	5.3	106	133	159	186	212	239
羽毛球 Badminton	5.5	110	138	165	193	220	248
游泳 Swimming	5.8	116	145	174	203	232	261
籃球 Basketball	6.5	130	163	195	228	260	293
足球 Football	7.0	140	175	210	245	280	315
溜冰 Skating	7.0	140	175	210	245	280	315
網球 Tennis	7.3	146	183	219	256	292	329
踏單車 Cycling	7.5	150	188	225	263	300	338
跑步 (8 公里 / 小時) Running (8km/hr)	8.3	166	208	249	291	332	374
跳繩 Rope skipping	8.8	176	220	264	308	352	396

(以上資料只供參考，實際消耗的熱量亦同時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。)

(The information given above is for reference only. The actual amount of energy expended is also determined by factors such as the intensity and duration of an activity, and the physical fitness, skill level, gender, age and body weight of an individual.)

\* 代謝等值 (Metabolic Equivalent) 是體能活動的強度指標。一般而言，低於 3 METs 的活動屬低強度；3 至 6 METs 的活動屬中等強度；高於 6 METs 的活動則屬劇烈強度。Metabolic Equivalent is an indicator for the intensity of physical activities. Generally speaking, physical activities less than 3 METs are regarded as low-intensity; 3 to 6 METs as moderate-intensity; and higher than 6 METs as vigorous-intensity.

### 遊戲時間 Game Time





## 體質指數 (BMI) 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:

體質指數 = $\frac{\text{體重(公斤)}}{(\text{身高(米)})^2}$	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： $70 \div (1.8 \times 1.8) = 21.6$	For example: the BMI of a man 1.8m in height and 70kg in weight is: $70 \div (1.8 \times 1.8) = 21.6$

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.
- 有些人並非過重，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.

遊戲時間  
Game Time



## 自覺竭力程度評分方法 Rating of Perceived Exertion Method

要確保運動安全及其運動量適中，控制運動強度是非常重要的。請緊記，當進行運動時，呼吸會轉為急促，脈搏也會加快，這些生理反應視為運動強度的指標。請參照以下的「自覺竭力程度評分方法」，以評估及控制自己的運動強度。

To ensure safety and having an appropriate amount of exercise, the control of exercise intensity is of utmost importance. You should bear in mind that during exercise your breathing rate will increase when you feel a bit strenuous, and so will your pulse rate. These physiological reactions can be taken as the indicators of the intensity of exercise. To monitor and assess the right exercise intensity for yourself, please make reference to the "Rating of Perceived Exertion (RPE)" below.

自覺竭力程度評分 Rating of Perceived Exertion											
級別 Rating	0	1	2	3	4	5	6	7	8	9	10
自覺竭力程度 Perceived Exertion	毫無感覺 No exertion at all	很微弱 Very light	微弱 Light	中度 Moderate	稍吃力 Somewhat hard	吃力 Hard	相當吃力 Fairly hard	非常吃力 Very hard	非常非常吃力 Very very hard	極度吃力 Extremely hard	筋疲力盡 Maximal exertion

運動時，可利用自覺竭力程度評分方法，評估及控制運動強度，一般人可把自覺竭力強度定於 5 至 7 之間，個人可視乎需要按自己體能情況下調。

RPE may be used to monitor and assess the level of exercise intensity. RPE between 5 to 7 is recommended for most people, subject to downward adjustment according to individual physical fitness.

## 體能活動量的指引

### Guidelines on the Amount of Physical Activity

#### 長者（年滿 65 歲或以上）\* Elderly (Aged 65 or above)\*

對於這年齡組別的長者來說，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、交通往來（如步行或踏單車）、職務（若長者仍須工作）、家務雜項、遊戲、競賽、體育或有計劃的運動。

For older adults of this age group, physical activity can be undertaken as part of recreation and leisure (play, games, sports or planned exercise), transportation (walking and cycling), work, or household chores, in the context of daily occupational, educational, home or community settings.

- 他們應定期進行體能活動。  
They should undertake regular physical activity.
- 他們應每星期進行最少 150-300 分鐘中等強度的帶氧體能活動；或最少 75-150 分鐘劇烈強度的帶氧體能活動；或最少相等於混合中等和劇烈強度活動模式的時間，以獲得顯著健康裨益。  
They should 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, for substantial health benefits.
- 他們還應每星期有兩天或以上，進行中等或更高強度針對所有主要肌肉群的強化肌肉活動，因為這能帶來額外健康裨益。  
They should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.
- 為提升身體功能和預防跌倒，他們亦應每星期有三天或以上，進行多種著重平衡和力量訓練的中等或更高強度體能活動，作為每星期體能活動的一部分。  
To enhance functional capacity and to prevent falls, they should do varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity on 3 or more days a week, as part of their weekly physical activity.
- 要獲得更多健康裨益，他們可以將每星期中等強度的帶氧體能活動增加到 300 分鐘以上；或進行 150 分鐘以上劇烈強度的帶氧體能活動；或相等於混合中等和劇烈強度活動模式的時間。  
For additional health benefits, they may increase their moderate-intensity aerobic physical activity to more than 300 minutes, or do more than 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.

#### 成年人（18 至 64 歲）\* Adults (Aged 18 to 64)\*

對於這年齡組別的成年人來說，體能活動可以是在日常工作、學校、家庭及社區環境中，進行的娛樂和休閒活動（如遊戲、競賽、體育或有計劃的運動）、交通往來（如步行和踏單車）、職務或家務。

For adults of this age group, physical activity can be undertaken as part of recreation and leisure (play, games, sports or planned exercise), transportation (walking and cycling), work or household chores, in the context of daily occupational, educational, home and community settings.

- 他們應定期進行體能活動。  
They should undertake regular physical activity.
- 他們應每星期進行最少 150-300 分鐘中等強度的帶氧體能活動；或最少 75-150 分鐘劇烈強度的帶氧體能活動；或最少相等於混合中等和劇烈強度活動模式的時間，以獲得顯著健康裨益。  
They should 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, for substantial health benefits.
- 他們還應每星期有兩天或以上，進行中等或更高強度針對所有主要肌肉群的強化肌肉活動，因為這能帶來額外健康裨益。  
They should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week, as these provide additional health benefits.
- 要獲得更多健康裨益，他們可以將每星期中等強度的帶氧體能活動增加到 300 分鐘以上；或進行 150 分鐘以上劇烈強度的帶氧體能活動；或相等於混合中等和劇烈強度活動模式的時間。  
For additional health benefits, they may increase moderate-intensity aerobic physical activity to more than 300 minutes, or do more than 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week.

\*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，本署認為上述所列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 above also apply to persons aged 60 to 64.



## 兒童及青少年 (5 至 17 歲) Children and the Adolescents (Aged 5 to 17)

對於這年齡組別的兒童及青少年來說，體能活動可以是在學校、家庭及社區環境中，進行的娛樂和休閒活動（如遊戲、競賽、體育或有計劃的運動）、體育訓練、交通往來（如步行和踏單車）或家務。

For children and adolescents of this age group, physical activity can be undertaken as part of recreation and leisure (play, games, sports or planned exercise), physical education, transportation (walking and cycling) or household chores, in the context of educational, home, and community settings.

- 他們應每星期平均每天進行最少 60 分鐘中等至劇烈強度（以帶氧運動為主）的體能活動。  
They should do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity, mostly aerobic, across the week.
- 當中應包括每星期有最少三天進行劇烈強度的帶氧運動，以及可強化肌肉和骨骼的活動，因為這些活動可帶來額外健康裨益。  
Vigorous-intensity aerobic activity, as well as those that strengthen muscle and bone, should be incorporated at least 3 days a week, as these provide additional health benefits.

### 參考資料 Reference

日內瓦：世界衛生組織，二零二零年。世衛組織關於身體活動和久坐行為的指南。  
WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020.

## 何謂中等和劇烈強度的體能活動？ What are moderate-intensity and vigorous-intensity physical activities?

「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。

"Moderate-intensity physical activities" are those which will slightly speed up breathing and heart rates, and cause mild sweating but not so intense as to cause fatigue, while "Vigorous-intensity physical activities" are those which will greatly speed up breathing and heart rates, and cause profuse sweating and fatigue.

更具體而言，強度指標為 3 至 6 METs 的體能活動（例如步行和社交舞）屬中等強度，高於 6 METs 的（例如跑步和踏單車）則屬劇烈強度。

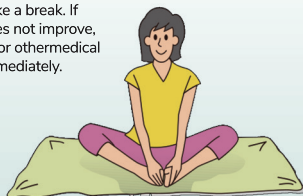
More specifically, physical activities of 3 to 6 METs (e.g. walking and social dance) are of moderate-intensity, whereas those of higher than 6 METs (e.g. running and cycling) are of vigorous-intensity.

### 注意事項 Points to Note

運動時須注意下列事項：

You should take heed of the following when doing exercise:

- 選擇合適的地方進行運動。  
Choose an appropriate place for doing exercise.
- 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.
- 穿著合適的運動衣服及運動鞋。  
Wear appropriate sportswear and sports shoes.
- 循序漸進，由簡單的運動開始。  
Proceed progressively and start with simple exercise.
- 運動前後做足熱身及緩和運動。  
Do sufficient warm-up and cool-down exercises before and after exercise.
- 運動時不要閉氣。  
Do not hold your breath during exercise.
- 運動時如感到不適，可放緩動作或稍作休息；若情況沒有改善，應立即向醫生或其他醫療專業人士求助。  
If feeling unwell during exercise, slow down or take a break. If the condition does not improve, consult a doctor or other medical professionals immediately.



## 精叻長者 The Clever Elderly



各位“老友記”，要保持身體健康，我們建議你...

Dear "old friend", to be fit and smart, we recommend you to...

### 在平日 As daily routine:

- 乘車時，不妨提早一、兩個站下車，步行前往目的地。  
Get off the vehicle one or two stops earlier and walk to your destination.
- 早上到公園晨運時，可耍太極、步行、做八段錦或伸展運動等，並使用公園的戶外健身設施鍛鍊身體。  
Go to the park to do your morning exercises, with exercises such as Tai Chi, walking, Baduanjin (eight trigram boxing), and stretching, and use the outdoor fitness training equipment there to do some exercises.
- 下午到長者中心或體育場地參與訓練班和同樂活動，例如長者健體、水中健體、門球、草地滾球、瑜伽和跳舞。  
Go to the elderly centre or sports venue in the afternoon and join some training classes and fun-for-all activities such as fitness exercise for the elderly, hydro-fitness exercise, gateball, lawn bowls, yoga and dancing.
- 飯後到公園散步。  
Take a walk in the park after meal.

### 在假日 On holidays:

- 相約家人或朋友參與喜愛的運動，既可培養對體能活動的興趣，又可加強與家人和朋友的溝通。  
Invite your family or friends to engage in your favourite exercise with you. This will not only foster your interest in physical activity but also enhance your communication with your family and friends.

### 在家中 At home:

- 做家務，使身體保持靈活。  
Do some housework to improve your mobility.
- 看電視時，利用 1 至 2 磅的輕啞鈴或水樽做一些肌肉鍛鍊運動，亦可做一些平衡鍛鍊運動。  
Use lightweight dumbbells or water bottles (1 to 2 pounds in weight) to do some muscle training or balancing exercises when watching television.
- 晚上進行深長呼吸練習，有助睡眠。  
Do deep and long breathing exercises at night for better sleep.
- 若長時間重複同一動作或維持同一姿勢太久，應定時活動關節和舒展肌肉，以舒緩肌肉緊張和疲勞。  
Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.

想知道更多有關長者健體運動的資料，請瀏覽以下網 <http://www.lcsd.gov.hk/tc/healthy/fitness/elderly.html>

For more information about the fitness exercises for the elderly, please visit the following website: <http://www.lcsd.gov.hk/tc/healthy/fitness/elderly.html>



## 樂活上班一族 Happy Office Workers



各位上班族朋友，要保持身體健一我們建議你...

Dear office workers, to be fit and smart, we recommend you to...

### 在工作間 In workplace:

- 少用扶手電梯和升降機，多行樓梯，增加運動的機會。  
Use escalators and lifts less often and take the stairs instead to increase the chance of doing exercise.
- 與鄰近機構或部門洽談事務時，可步行前往傾談，少用電話，增加體能活動的機會。  
Conduct face-to-face discussion with the organisations or departments nearby instead of phone discussion. This will increase the chance of doing physical activity.
- 若長時間重複某些動作或維持同一姿勢太久，應定時活動關節，舒展肌肉，以舒緩肌肉緊張及疲勞。  
Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.

- 選吃簡單的午餐，以騰出飯前 30 分鐘進行球類、步行或伸展運動等。  
Pick a simple lunch so that you may have 30 minutes' time prior to the lunch spared for ball games, walking or stretching exercise, etc.
- 乘車上下班時，不防提早一、兩個站下車，每日多步行 15 分鐘。  
Get off the vehicle one or two stops earlier and take an extra 15-minute walk every day when going to and from work.





#### 在公餘時間 Outside office hours:

- 下班後，相約同事或朋友參與喜愛的運動，以消除一天的疲累。

After office hours, invite your colleagues or friends to join your favourite sports so as to ease your fatigue after a day's work.

- 在假日，與家人行山、健行、緩步跑 / 跑步或參與水上活動，舒展身心。

During holidays, take part in outdoor exercises with your family such as hiking, QualiWalk, jogging/running and water sports so as to relax the mind and body.



## 活力女性

### Active Women



各位婦女，要保持身體健康，我們建議你...

Dear ladies, to be fit and smart, we recommend you to...

#### 在平日 As daily routine:

- 乘車時，不妨提早一、兩個站下車，步行前往目的地。

Get off the vehicle one or two stops earlier and take an extra 15-minute walk every day.

- 少用扶手電梯和升降機，多行樓梯。

Use escalators and lifts less often and take the stairs instead.

- 帶小孩上學後到公園做運動，並使用公園的戶外健身設施鍛鍊身體。

Go for a workout in the park after taking your children to school and use the outdoor fitness training equipment there to do some exercises.

- 午飯後步行 30 分鐘。

Take a 30-minute walk after lunch.

- 下午往體育場地參與訓練班或同樂活動，例如瑜伽、健體舞、器械健體、舞蹈、球類運動和水中健體。

Join some training classes or play-in activities at sports venues in the afternoon, such as yoga, aerobic dance, fitness multi-gym, dancing, ball games and hydro-fitness.

#### 在假日 On holidays:

- 相約家人或朋友參與喜愛的運動，既可培養對運動的興趣，又可加強與家人和朋友的溝通。

Invite your family or friends to join in your favourite sports. This will not only foster your interest in sports but also enhance your communication with your family and friends.

#### 在家中 At home:

- 做家務，使身體保持靈活。

Do some housework to improve your mobility.

想知道更多有關上班一族工作間活絡伸展運動的資料，請瀏覽以下網頁：

<http://www.lcsd.gov.hk/tc/healthy/exercise.html>

For more information about the exercise for office workers at workplace, please visit the following website:

<http://www.lcsd.gov.hk/en/healthy/exercise.html>

- 一面看電視，一面做伸展運動。

Do stretching exercises while watching television.

- 空間時用 1 至 2 磅的輕啞鈴或水樽做肌肉鍛鍊運動。

Use lightweight dumbbells or water bottles (1 to 2 pounds in weight) to do muscle training in your spare time.

- 若長時間重複同一動作或維持同一姿勢太久，應定時活動關節和舒展肌肉，以紓緩肌肉緊張和疲勞。

Move your joints and stretch your muscles regularly to relax the tense and fatigued muscles if you have been repeating the same movements or maintaining the same posture for a long period of time.

- 用暖水沐浴時進行深長呼吸，可紓緩辛勞和有助入睡。

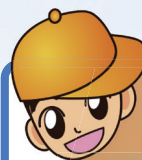
Take deep breaths when having a warm bath to help you unwind after a long hard day and to sleep better at night.

想知道更多有關婦女健體運動的資料，請瀏覽以下網頁：

<http://www.lcsd.gov.hk/tc/healthy/women/women1.html>

For more information about the exercise for women, please visit the following website:

<http://www.lcsd.gov.hk/en/healthy/women/women1.html>



## 醒目學生

### Bright Students



各位同學，要保持身體健康，我們建議你...

Dear students, to be fit and smart, we recommend you to...

#### 上學時 At school:

- 如果學校距離近，可以走路代替乘車往返。

Walk to and from school instead of taking vehicle if it is close to you.

- 小息時，與同學一起進行體能活動，例如跳繩、打球和踢毽子。

Take part in physical activities such as rope skipping and playing ball games and shuttlecock with your schoolmates during recess.

- 多參與課餘體育活動，紓緩功課壓力。

Participate in extra-curricular physical activities more frequently so as to relieve the pressure of schoolwork.

#### 課餘時 After school:

- 多做伸展運動和肌肉練習，鍛鍊體魄。

Do stretching and muscle strengthening exercises in your spare time to strengthen your physique.

- 多參與體能活動，減少參與靜態活動，例如電子遊戲、上網和卡拉 OK。

Take part in physical activities more frequently and spend less time on passive activities such as electronic games, web surfing and karaoke.

- 減少觀看屏幕的時間，利用餘暇定期參與喜愛的運動。

Reduce screen time and take part in your favourite sports regularly in your spare time.

- 假日與家人到戶外走走，呼吸新鮮空氣，例如到自然教育徑郊遊，既可增進知識，又可舒展身心。

Go outdoors with your family on holidays to enjoy the fresh air; for example, take a hike on a nature trail to broaden your knowledge and help yourself relax physically and mentally.



### 怎樣才是超重？

#### How to define overweight?

要知道體重與身高比例是否適中，可參考以下的「身高別體重圖表」。

To know if your weight is in proportion to your height, you may check the "Weight-for-Height Chart" below.

過重的定義：體重比「身高別體重圖表」中位數高出 20% 或以上。

Definition of overweight: Body weight being 20% higher than the median of the "Weight-for-Height chart".

對照「身高別體重圖表」是評估兒童是否過輕或過重的方法之一，但如遇下列兩種情況，則以量度皮下脂肪或使用生物電阻分析儀評估體脂比例的方法較為準確：

Checking the "Weight-for-Height Chart" is one of the methods to find out whether a child is underweight or overweight. However, measuring the level of subcutaneous fat and assessing the percentage of body fat using a bioelectrical impedance analyser are more accurate assessments in the following two situations:

- 經常運動的兒童，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；

Children who exercise regularly have more muscles and less fat. They may be overweight but healthy.

- 有些兒童並無過重，但肌肉質量可能遠低於標準，而脂肪量卻遠高於正常水平。他們的體重雖然理想，但也屬於過重。

Some children 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 overweight despite having a normal body weight.

想知道更多有關兒童健體運動的資料，請瀏覽以下網頁：

<http://www.lcsd.gov.hk/tc/healthy/fitness/over.html>

For more information about the exercise for children, please visit the following website:

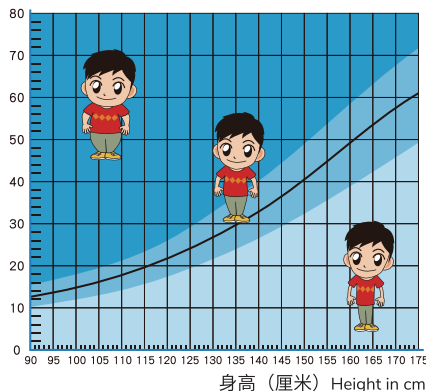
<http://www.lcsd.gov.hk/en/healthy/fitness/over.html>



## 身高別體重圖表 Weight-for-Height Chart

### Boys

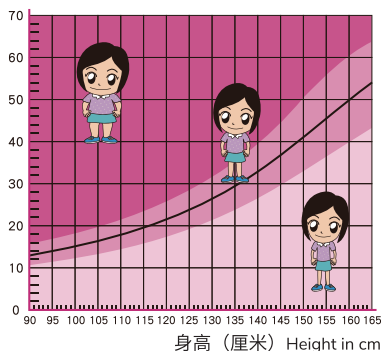
體重 (公斤) Weight in kg



— 按身高計算體重中位數  
Median of weight-for-height  
■ 過重 / 肥胖 Overweight/Obese  
■ 體重適中 Normal body weight  
■ 過輕 Underweight

### Girls

體重 (公斤) Weight in kg



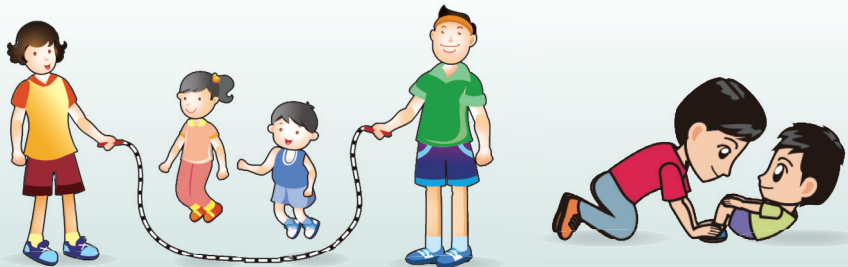
— 按身高計算體重中位數  
Median of weight-for-height  
■ 過重 / 肥胖 Overweight/Obese  
■ 體重適中 Normal body weight  
■ 過輕 Underweight

資料來源：《香港 1993 年生長調查》，香港中文大學和衛生署

Source: Hong Kong Growth Survey 1993, The Chinese University of Hong Kong and the Department of Health

註：「身高別體重圖表」是按兒童的身高，評估兒童的體重是否符合比例。身高超過 175 厘米的男童，以及身高超過 165 厘米的女童，或年滿 18 歲人士，請改用「體質指數」(BMI) 評估你的體重。

Note: The "Weight-for-Height Chart" is an instrument to assess if the weight is proportional to the height of a child. For boys taller than 175 cm and girls taller than 165 cm, or individuals aged 18 or above, please use Body Mass Index (BMI) to assess your weight status.



## 傷健人士

## Persons with disabilities



各位朋友，要保持身體健康，我們建議你...

Dear friends, to be fit and smart, we recommend you to...

應養成持續運動的習慣，以改善健康及生活質素。傷健人士參與體育活動，有助保持關節活動度、關節周圍組織的柔軟度及彈性、預防四肢關節僵硬變形及肌肉攣縮，同時可促進血液循環。傷健兒童及青年亦可透過參與體育活動結交朋友和培養抗逆能力。肢體傷殘人士如失去活動能力，可由他人協助做運動。有部分活動能力的傷健人士應多做運動，增強自信。

To stay healthy, you are advised to make regular exercise a habit to improve your health for better quality of living. Participation of persons with disabilities in sporting activities can maintain joint range of motion, flexibility of tissues surrounding a joint, prevent deformities of joints of upper and lower limbs and muscle contractures, as well as enhance blood flow. Children and adolescents with disabilities can also make more friends and enhance resilience against adversity through participation in sporting activities. Those with physical impairments and lack limb mobility can be assisted by others to do exercise while those who have a certain degree of mobility can build up self-confidence by exercising more.

有關傷健人士運動的資料，請瀏覽以下網頁：<https://www.lcsd.gov.hk/tc/healthy/fitness/persons.html>

Please visit the following website for information on exercise for persons with disabilities:

<https://www.lcsd.gov.hk/en/healthy/fitness/persons.html>

## 其他康樂體育活動 Other Recreation and Sports Activities

除了以上為不同群組而設計的活動外，本計劃亦包括其他項目，進一步推廣做運動對健康的益處，包括「行山樂」、「優質健行」、「跳舞強身」、「跳繩樂」和「健康跑步」等。

In addition to the above-mentioned recreation and sports activities designed for different groups, the campaign also includes other items in an effort to further promote the benefits of exercise to health, including "Hiking Scheme", "QualiWalk", "Dance for Health", "Rope Skipping for Fun" and "Running for Health", etc.



## 行山樂 Hiking Scheme

遠足是適合全家參與的活動。郊遊時可遠離煩囂鬧市，享受青山綠水的環境，感受大自然的恬靜。你可從 44 條各具特色的路線中選擇喜愛且適合自己和家人能力的遠足路線，培養勤做運動的家庭文化。

Hiking is suitable for the whole family. You can take a break from the hustle and bustle of city life and enjoy the tranquility and beauty of nature. There are 44 hiking routes that are fantastic in different ways. Simply pick routes that are within the ability of you and your family and create a family culture of regular exercise.

有關「行山樂」的資料，請瀏覽以下網頁：<https://www.lcsd.gov.hk/tc/healthy/hiking/index.html>

Please visit the following website for information on "Hiking Scheme":

<https://www.lcsd.gov.hk/en/healthy/hiking/index.html>



## 優質健行 QualiWalk

步行是最安全和有效的有氧體能活動，在日常生活中可隨時進行，既易掌握，又能增強體魄。與親友一起步行，更有助增進家人及朋友的感情。「優質健行」(即健步行)是指以正確姿勢進行適量步行活動。參加者只需簡單裝備，包括一雙可以保護足部的健行鞋，便可享受健康活力的人生。今天就踏出優質健行第一步。

Walking is the safest and most effective aerobic physical activity. Easy to get into and beneficial to our physical well-being, walking can be done at anytime. Walking with family and friends fosters better relationships with them. QualiWalk (also as Fitness Walking) refers to an appropriate amount of walking exercise with correct posture. All you need is simple equipment, including a pair of walking shoes to protect your feet. Get up and walk more to lead an active and healthy life.

有關「優質健行」的資料，請瀏覽以下網頁：<https://www.lcsd.gov.hk/tc/healthy/qualiwalk.html>

Please visit the following website for information on "QualiWalk":

<https://www.lcsd.gov.hk/en/healthy/qualiwalk.html>







## 跳舞強身 Dance for Health

舞蹈種類繁多，如社交舞、現代舞、爵士舞、中國舞、土風舞和兒童舞等，各具特色。市民可透過跳舞培養勤做運動的習慣。參與多元化的舞蹈同樂及晚會，參與多元化的舞蹈同樂及晚會，有助擴闊社交圈子，增強自信，促進心理健康，同時亦能增強心肺功能，增加關節靈活性和柔軟度，強化肌肉，改善體質，減低患上骨質疏鬆、心血管病、高血壓、中風、糖尿病及部分癌症（例如大腸癌）的風險。

There are many unique types of dance, such as social dance, modern dance, jazz dance, Chinese dance, folk dance and children dance, etc. Dancing can help members of the public to establish a habit of doing exercises regularly. Participation in a wide variety of dance play-ins and dance nights can help widen social circle, improve confidence and mental health. It can also improve heart and lung functions, increase the mobility of joints, strengthen muscles, improve physical fitness, reduce the risk of osteoporosis, cardiovascular disease, hypertension, stroke, diabetes mellitus and certain types of cancer (e.g. colorectal cancer).

有關「跳舞強身」的資料，請瀏覽以下網頁：

<https://www.lcsd.gov.hk/tc/healthy/dance.html>

Please visit the following website for information on "Dance for Health":

<https://www.lcsd.gov.hk/en/healthy/dance.html>



## 跳繩樂 Rope Skipping for Fun

跳繩是簡單而有效的健體運動，除可鍛鍊體格外，亦可訓練個人的反應和耐力。跳繩運動只需簡單的裝備，包括一條繩、輕便衣服和一對合適的運動鞋，不需要很大的地方或特別場地，而且參加人數不限，可獨自進行或多人一起練習，亦可按個人體能調節跳繩的節拍，適合不同人士參與。

Rope skipping is a simple and effective physical activity which can help enhance physical fitness and improve agility and stamina. It only requires simple equipment. All you need is just a rope, loose and comfortable clothing and suitable sports shoes. Moreover, rope skipping does not require much space or a special venue. There is also no restriction on the number of participants. You can jump alone or with others. The rhythm of rope skipping is adjustable according to your physical fitness and suitable for everyone.

有關「跳繩樂」的資料，請瀏覽以下網頁：

<https://www.lcsd.gov.hk/tc/healthy/rope.html>

Please visit the following website for information on "Rope Skipping for Fun":

<https://www.lcsd.gov.hk/en/healthy/rope.html>



## 健康跑步 Running for Health

跑步是成年人最常參與的運動之一。跑步有益身心，有助減低過重和患病（特別是心血管疾病）的風險。我們可以獨自跑步，亦可與家人朋友一起跑步，既可增進感情，又可把跑步培養成為生活習慣。

Running is one of the most popular physical activities for adults. It is good for both the body and mind, helping reduce the risks of overweight and certain diseases (in particular cardiovascular diseases). It can be relaxing to run alone while running with families and friends can enhance relationships and can be turned into a habit.

有關「健康跑步」的資料，請瀏覽以下網頁：

<https://www.lcsd.gov.hk/tc/healthy/runningforhealth-main.html>

Please visit the following website for information on "Running for Health":

<https://www.lcsd.gov.hk/en/healthy/runningforhealth-main.html>



## 查詢康體活動資料

### Information about Recreation and Sports Programmes

康樂及文化事務署（康文署）轄下 18 個分區康樂事務辦事處，均舉辦不同種類的康體活動供市民參與，市民可透過下列途徑查閱活動資料：

The 18 District Leisure Services Offices (DLSOs) under the Leisure and Cultural Services Department (LCSD) organise a wide range of recreation and sports programmes for the members of public. Information on these programmes is made available to the public through the following channels:

#### 1. 康文署電子雜誌 The LCSD e-Magazine :

登入 <https://www.lcsd.gov.hk/tc/emagazine>，訂閱由康文署每星期以電郵發放的免費電子雜誌。

Visit [www.lcsd.gov.hk/en/emagazine](http://www.lcsd.gov.hk/en/emagazine) and subscribe to the LCSD e-Magazine, which is delivered free of charge by e-mail on a weekly basis.

#### 2. 康文署網頁 The LCSD website :

登入 [www.lcsd.gov.hk](http://www.lcsd.gov.hk)，閱覽各分區康樂事務辦事處舉辦的康體活動資料。

Visit [www.lcsd.gov.hk](http://www.lcsd.gov.hk) to browse information on the recreation and sports programmes organised by the DLSOs of the LCSD.

#### 3. 康文署客務熱線 The LCSD Customer Hotline :

致電康文署 24 小時客務熱線：2414 5555（此熱線由「1823」接聽），查詢各分區康樂事務辦事處每月舉辦的康體活動資料。

Call the 24-hour customer hotline of the LCSD on 2414 5555 (This hotline is handled by "1823") to get information on the recreation and sports programmes organised by the DLSOs of the LCD every month.

#### 4. 社區康樂體育活動小冊子 Community Recreation and Sports Programme booklet :

親臨各分區康樂事務辦事處或康樂場地，索取每月派發的社區康樂體育活動小冊子。

Visit the DLSOs or leisure venues of the LCSD to obtain a copy of the Community Recreation and Sports Programme issued every month.



## 更多資訊

### More Information

如欲查詢有關「普及健體運動」的資料，請致電康文署二十四小時客務熱線：24145555（此熱線由「1823」接聽）或瀏覽康文署網頁：[www.lcsd.gov.hk/tc/healthy](http://www.lcsd.gov.hk/tc/healthy)

For details about the "Healthy Exercise for All Campaign", please call the 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](http://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](http://www.chp.gov.hk)。

For more information on health, please call Health Education Infoline of the Department of Health at 2833 0111 or visit the website of Centre for Health Protection at [www.chp.gov.hk](http://www.chp.gov.hk).

