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普及健體運動  
Healthy Exercise for All Campaign

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

# 兒童體重管理知多少

A Guide to Body Weight Management for Children



# 兒童體重管理知多少？

家長應留意！

## Points to Note for Parents: Body Weight Management of Children



### I. 香港兒童的體重 Body weight of Hong Kong children

根據「全港社區體質調查」的結果，接近五分之一的兒童屬於過重或肥胖，超過六成兒童沒有達到世衛建議的體能活動量 (即每星期平均每天進行60分鐘或以上中度至劇烈強度的體能活動)。

According to the findings of the "Territory-wide Physical Fitness Survey for the Community", almost a fifth of the children in Hong Kong were overweight or obese, and more than 60% of children did not meet the physical activity level recommended by the World Health Organization , i.e. an average of at least 60 minutes of moderate-to-vigorous physical activity per day throughout the week.

#### 參考資料 Reference

香港特別行政區：康樂及文化事務署。2021年。「全港社區體質調查」。研究報告撮要。  
Territory-wide Physical Fitness Survey for the Community. Final summary report. Hong Kong SAR: Leisure and Cultural Services Department; 2021.

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.

## II. 為什麼要管理體重？

Why should we manage our body weight?

身體過重，脂肪便可能積聚過多，因而容易患上高血壓、心血管病、糖尿病、膽石和某些癌症 (例如：大腸癌) 等疾病。

Being overweight may lead to the accumulation of excess fat, which in turn increases the risk of diseases such as hypertension, cardiovascular disease, diabetes mellitus, gall stone and some types of cancer (e.g. colorectal cancer).

### 過重引致的其他問題： Other problems of being overweight:





### III. 怎樣界定過重 / 肥胖？ How to define overweight / obesity?

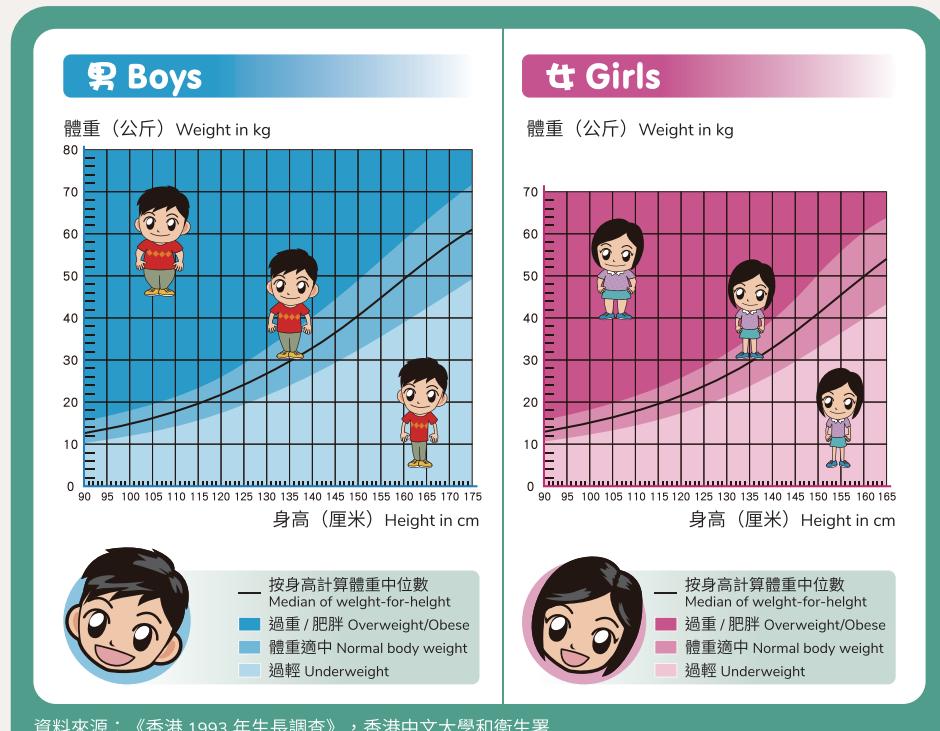
A. 是否過重 / 肥胖，可從體重與身高是否符合比例來評估。

過重 / 肥胖的定義：體重比「身高別體重」中位數高出 20%。

A ratio of weight to height can be used to assess whether a person is overweight / obese or not. Definition of overweight / obesity: Body weight being 20% higher than the median of the "weight-for-height".

#### 身高別體重圖表

Weight-for-Height Chart



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

「身高別體重圖表」是按兒童的身高來評估體重是否符合比例。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) 評估你的是否合乎比例。

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.



B. 對照「身高別體重圖表」是評估體重是否過輕或過重的方法之一。如遇下列兩種情況，則量度皮下脂肪或使用生物電阻分析儀評估體脂比例會較為準確：

Checking the Weight-for-Height Chart is one of the methods to determine whether a person 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 methods of assessment in the following 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，但也屬於肥胖。

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 obese despite having a normal body weight.



## IV. 如何避免過重？ How to avoid being overweight?

### A. 控制飲食，力求均衡。

Maintaining a controlled and balanced diet



常見食物的熱量含量表  
Table of energy 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



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)
蛤紅腰豆 Boiled red kidney beans	1湯匙 (11克) 1 tablespoon (11g)	14
蛤黃豆 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
炸雞髀 Deep-Fried Chicken Leg	100克 100g	250
板豆腐 Firm tofu	¼ 塊 (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
蛤蛋 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
燒鶴肉 (連皮) Roasted duck (with skin)	半隻 (382克) ½ duck (382g)	1290
燒鶴肉 (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

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 fun) 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
豉汁蒸排骨饭 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 andshredded salty fish	1碟 (720克) 1 plate (720g)	1080



## 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
雞扒 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 (39克) 1 piece (39g)	712



## 蔬菜類 Vegetables

食物名稱 Food Item	分量 Portion	熱量(千卡) Calories (kcal)
蛤西蘭花 Boiled broccoli	1 個中型 (180 克) 1 stalk, medium (180g)	63
蛤椰菜 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
蛤粟米 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



## 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



## 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



## 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



## 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
煎蘿蔴三寶 "Deep-fried three treasures" (Eggplant, bellpepper and fried tofu stuffed with minceddace)	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 隊 (28 克) 10-12 kernels (28g)	201
乾焗原味花生 Dry-roasted plain peanut	28 隊 (28 克) 28 pieces (28g)	164
硬糖 Hard candies	1 隊 (6 克) 1 piece (6g)	24
雪糕 Ice cream	1 杯 (73 克) 1 scoop (73g)	131
牛奶朱古力 Milk chocolate	1 条, 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



## 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
哈蜜瓜 Cantaloupe	半磅切粒 (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	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



## 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

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

## B. 適量運動

### Doing Exercise

要管理體重，除了注意飲食外，運動也很重要。適量運動有助消耗多餘的熱量，以免脂肪積聚，並可促進新陳代謝，強化肌肉、骨骼和心肺功能。

Apart from maintaining a healthy diet, doing exercise is also important for managing body weight. Doing exercise helps burn excess calories, avoid the accumulation of body fat, increase metabolism, strengthen muscles and bones, and improve cardiopulmonary function.

家長應注意以下各點：

Parents should take heed of the following points:

#### 1. 鼓勵兒童選擇合適的運動。

Children should be encouraged to choose the exercise they like.

- 選擇喜愛的運動，才可持之以恆。

It is easier for them to develop the habit of doing exercise if they find the activities enjoyable.



- 選擇適合年齡和身體發展的運動。

The exercise should be suitable for their age and physical development.

- 着重培養做運動的興趣，享受當中樂趣。

Children should be encouraged to explore their interest in doing exercise and enjoy the fun.



- 每次可做多於一類運動。

Children can engage in more than one type of exercise each time.



- 把運動融入日常生活，例如多行樓梯，少用扶手電梯。

Children should be encouraged to build exercise into everyday life, such as taking the stairs instead of escalators more often.

- 多做全身運動，例如跑步、踏單車和游泳。

It is preferable to do whole-body exercises, such as running, cycling and swimming.

#### 2. 家長應選擇合適的時間陪同兒童做運動。

Parents should choose an appropriate time to do exercise with their children.

#### 3. 在喜愛的地方做運動，例如附近的公園、運動場或體育館。

It is preferable to do exercise at favourite places such as a nearby park, sports ground or sports centre.



#### 4. 家長、其他家人或朋友可與兒童一起做運動。

Parents, other family members or friends can do exercise together with children.

#### 5. 循序漸進，逐步增加每次運動的時間。

Proceed progressively and gradually extend the duration of exercise.

#### 6. 如兒童勤做運動並見成效 (例如體重減輕、運動量增加)，家長應給予讚賞和鼓勵。

Parents should express words of appreciation and encouragement if their children have shown progress after making an effort to do exercise (e.g. achieving weight loss or an increase in the amount of exercise).

#### 7. 記錄每次的運動量，以便監察進度。

Keep a record of the amount of exercise each time in order to monitor the progress.



## C. 改掉壞習慣

### Getting rid of bad habits

要改掉起居飲食壞習慣，並培養運動習慣，可嘗試以下方法：

The following are some practical suggestions about getting rid of unhealthy diets and bad habits, and developing a habit of doing exercise:

#### 1. 家長應以身作則，與兒童一起做運動。

Parents should set a good example and do some exercises together with their children.

#### 2. 協助兒童處理情緒，鼓勵他們在心情欠佳時做點運動，紓緩壓力，切忌暴飲暴食。此外，亦應鼓勵兒童與家長和師長傾談。

It is important to help children manage their emotions. At times of emotional upset, doing exercise instead of indulging in binge eating will help relieve stress. Also, children should be encouraged to talk with their parents and teachers.

#### 3. 早、午、晚三餐均衡飲食，不可偏吃，避免少吃一餐，亦不可吃得太飽。

A balanced diet should be maintained for breakfast, lunch and dinner. Avoid picky eating, skipping meals or eating too much.

#### 4. 不要讓兒童養成高油、鹽、糖的飲食習慣。如有需要，可選擇適量的健康小食（如水果）作茶點。欲知更多健康小食的資訊，可瀏覽衛生署的「至『營』小食站」網頁或香港營養學會的「有『營』小食資料庫」，當中有近三百款較健康小食可供參考。

Children should be discouraged from developing an eating habit of high fat, salt and sugar. A suitable amount of healthy snacks (e.g. fruit) will be fine if refreshments are needed. For more information about healthy snacks, please visit the "Healthy Snack Checker" website developed by the Department of Health or "Database of Prepackaged Snacks" website developed by The Hong Kong Nutrition Association, which has 300 healthier snacks for reference.

#### 5. 慢慢進食，讓腦部有足夠時間感到飽腹，亦有助消化。

Eat slowly to allow time for the brain to register a feeling of fullness. It also helps digestion.

#### 6. 減少觀看屏幕的時間，多做體能活動。

Reduce screen time and do more physical activities.

#### 7. 充足睡眠（每天 9 至 11 小時）有助改善體質。

Getting enough sleep (9 to 11 hours a day) will help improve physical fitness.

家長教導兒童改掉壞習慣並養成健康的飲食和運動習慣，可幫助兒童管理體重，讓他們活得更健康和充滿活力。

Children can achieve effective weight management and live a healthier life full of energy if they can get rid of their bad habits and establish habits of healthy eating and doing exercise under the guidance of their parents.

## V. 兒童體能活動量指引

### Guidelines on the amount of physical activity for children

根據世界衛生組織的建議，對兒童來說，體能活動包括在家中、學校和社區進行的遊戲、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）。

According to the recommendations of the World Health Organization, physical activities for children 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).

#### 1. 兒童應平均每天至少進行 60 分鐘的中等到劇烈強度\* 的體能活動，有氧運動為主。

Children should do at least an average 60 minutes per day of moderate- to vigorous-intensity\*, mostly aerobic, physical activity.



#### 2. 每天進行多於 60 分鐘的體能活動，對健康有更大益處。

Performing physical activities for more than 60 minutes a day will bring about greater health benefits.



#### 3. 每周最少應有 3 天進行劇烈強度帶氧運動以及增強肌肉和骨骼的運動。

Do vigorous-intensity aerobic activities, as well as exercises that strengthen muscle and bone at least 3 days a week.

#### 4. 盡量減少靜態活動，尤其是娛樂性的屏幕時間。

Limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

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.

參考資料：《世衛組織關於身體活動和久坐行為的指南》。世界衛生組織二零二零年。  
WHO Guidelines on Physical Activity and Sedentary Behaviour, Geneva World Health Organization, 2020



## VI. 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 40 kg 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 Expendited (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.



## VII. 活躍健康生活由此起

### To lead an active and healthy lifestyle

家長應以身作則，與兒童一起做運動，以培養恆常運動的家庭文化，建立健康的生活模式。以下活動適合與兒童一同進行：

To foster a family culture of regular exercise and adopt a healthy lifestyle, parents should set a good example and do some exercise together with their children. The following activities are suitable for doing with children:

1. 飯後進行健步行。  
Take a fitness walk after meals.
2. 在家中多進行親子遊戲、體能活動和循環練習；減少觀看電視或屏幕的時間。  
Play more parent-child games and do more physical activities and circuit training at home; reduce TV or screen time.
3. 乘車時，提早一、兩個站下車；以步行代替短途車程；多行樓梯，少用電梯。  
Get off the vehicle one or two stops earlier; take a walk instead of a vehicle ride for short journeys; take the stairs instead of the lift more often.
4. 假日到體育館打乒乓球、羽毛球，或到運動場跑步。  
Play table tennis and badminton in sports centres or go running in sports grounds on holidays.
5. 周末到戶外踏單車、放風箏或遠足。  
Go cycling, kite flying or hiking on weekends.
6. 多參與學校或社區活動，例如運動會、嘉年華會和同樂日。  
Participate in school or community activities more often, such as sports days, carnivals and fun days.





## VII. 簡易循環練習

### Simple circuit training



要管理體重，有氧運動和肌肉鍛鍊同樣重要。以下介紹一些簡單的徒手運動，兒童可按自己的體能，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。為達到最佳效果，家長可陪兒童一同練習，提示正確姿勢及呼吸節奏，以示支持。

Aerobic physical activity and muscle strengthening exercise are equally essential for weight management. Some simple bare-handed exercises are illustrated below. Children may follow the instructions to do 2 to 3 sets of exercise according to their physical ability, or exercise according to the self-designed training programme under the instruction of a coach. For optimum results, parents may accompany their children during exercise to remind them of the correct postures and breathing rhythms as a sign of support.

#### 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

- 站立並保持雙腳與肩膊的同一寬度。

Stand with feet shoulder-width apart.

- 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.



- 右腳向前踏出一大步，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.



#### 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 when lunging forward.



## 交替背伸 (腰背)

Alternate Back Extension (Lower back)

10 次  
Times

- 由俯伏姿勢開始。  
Lie on your front as the starting position.
- 提起右臂和左腿，同時呼氣。  
Exhale when you lift your right arm and left leg.



- 回復原位時吸氣。  
Inhale when returning to the starting position.
- 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

- 身體立正，兩腳保持與肩膀同一寬度。  
Stand erect with feet shoulder-width apart.
- 向上伸直右臂，向左側彎腰，同時呼氣。  
Stretch your right arm above the head and bend to the left and exhale.
- 膝部須隨彎腰的方向屈曲。  
Bend your knees sideways following the stretch.



- 回復站立姿勢時吸氣。  
Inhale when returning to the standing position.
- 向上伸直左臂，向右側彎腰。  
Stretch your left arm above the head and bend to the right.
- 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.
- 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.

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

- 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.
- 右腿向右側上擺，然後回復站立姿勢。  
Lift your right leg to the right side and then return to the standing position.



- 左腿向左側上擺，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

- 仰臥地上，屈膝 90 度角。  
Lie on your back with knees bent at 90°.



- 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.



**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

- 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.



- 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°.



- 向上拉時呼氣，躺回地上時吸氣。  
Exhale when pulling up and inhale when lying down.