



日日運動身體好 男女老幼做得到

Daily exercise keeps us fit
People of all ages can do it



「普及健體運動」的目的 Aim of the "Healthy Exercise for All Campaign"

「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月起推行，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 to health, and encouraging the public to build exercise into their daily life and develop a family culture of regular exercise.

活動內容 Content of Activities

為達至「普及健體運動」的目的，康文署與衛生署聯同有關的體育總會、專業團體和學校在全港十八區均舉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、「行山樂」、「優質健行」、「跳舞強身」和「跳繩樂」等，方便市民於所屬地區參加。這些康體活動著重參加者自行鍛鍊，鼓勵他們勤做運動，一直深受市民歡迎，參加人數亦不斷上升。

To achieve aim of the "Healthy Exercise for All Campaign", the LCSD and the DH have joined hands with the National Sport Associations, professional bodies and schools in organising various recreational and sports activities, including those fitness programmes for children, elderly and persons with disabilities, "Hiking Scheme", "QualiWalk Scheme", "Dance for Health" and "Rope Skipping for Fun" etc. throughout the 18 districts in the territory to facilitate neighbourhood participation. These programmes, with their emphasis on self-practice and regular workouts, are well received by the public and the participation rate is on the rise.

康文署一直致力推廣「普及健體運動」。為鼓勵社會各界舉辦活動推廣運動和健康生活，康文署特設免費的展板外借服務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，本署也製作了專題網頁、海報、橫額、單張、小冊子及短片等，以鼓勵市民勤做運動，建立健康的生活模式。有關資料可在康文署網頁瀏覽或下載。

The LCSD has been committed to promoting the "Healthy Exercise for All Campaign". To encourage different sectors of the community to organise activities to promote a sporting culture and a healthy lifestyle, a free loan service for exhibition panels and free download of panel contents are available to schools, elderly centres, youth centres, rehabilitation centres, shopping centres, residential clubhouses, etc. Moreover, the Department has also produced some thematic webpages, posters, banners, leaflets, pamphlets, videos etc. with a view to encouraging members of the public to exercise regularly and lead a healthy lifestyle. To browse or download the information, please visit the LCSD's webpage.



運動與健康

Exercise and Health

根據以往「社區體質測試計劃」調查結果，大部分香港市民，不論老幼，均缺乏足夠的體能活動以保持健康體魄。體能活動對健康有莫大益處，體能活動量愈高，體質便愈理想；相反，體能活動量不足，體質會隨年紀增長轉差。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。

**要保持身體健康，
應把體能活動融入生活，建立健康的生活模式！**

我們可以善用日常機會多做運動，例如多步行、行樓梯、做家务、利用早一點起床、午膳後或晚飯前的時間做運動等等。能強身健體之餘，也有助提高工作效率，令生活更添姿采。

任何人不論年齡、性別或身體狀況，常做適量運動，均可改善健康。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）的運動已能促進健康。

因應身體狀況做自己喜愛的運動，最好把運動融入生活中，持之以恆。每天累積至少30分鐘的中等至劇烈強度體能活動(每節不少於10分鐘)，能強身健體之餘，也令生活更添姿彩。公餘或課後做運動，可舒緩神經緊張，改善睡眠。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。大家坐言起行，一起培養勤做運動的家庭文化吧！

我們可在日常生活中製造和把握機會多做運動及體能活動，例子如下：

- 提早15分鐘起床，做簡單的伸展運動
- 多做家務，例如抹窗、掃地和吸塵
- 利用午飯或晚餐後步行30分鐘
- 多行樓梯，少用升降機
- 多選擇動態的消閒活動，例如跳繩、健身和逛公司
- 減少觀看電子屏幕時間，利用餘暇相約朋友做運動
- 多作戶外活動，呼吸新鮮空氣，例如郊遊和遠足
- 定期運動，例如游泳、打羽毛球和打籃球
- 如工作地點或學校距離不遠，可以步行代替乘車往返
- 工作時有事找同事商談時，宜多作面談，少用電話或電郵，增加運動的機會

According to the previous findings of the “Physical Fitness Test for the Community”, most Hong Kong people, regardless of age, lack sufficient physical activity to maintain good health. Physical activity is greatly beneficial to health. The higher the level of physical activity, the higher the level of physical fitness. On the contrary, inadequate physical activity will lead to poorer physical fitness with the growth of age. Physical activity can lower the risk of suffering from a series of non-communicable diseases, including diabetes, hypertension, cardiovascular disease, stroke, some types of cancer (e.g. colorectal cancer) and depression.

To lead a healthy life, we should build physical activities into our daily life and keep a healthy lifestyle!

We can seize everyday opportunities to do physical activities, e.g. walking, stair climbing or doing housework, or find some time to do exercise by getting up earlier in the morning or making use of lunchtime or the time before dinner. All these activities help improve fitness, enhance work efficiency and even enrich our life.

A moderate amount of regular exercise is good for our health, regardless of our age, sex and physical condition. It is not necessary for exercises to be strenuous as moderate-intensity exercises, which cause mild sweating and slightly higher breathing and heart rates, are enough to bring benefits to our health.

You may choose your favourite exercise depending on your physical condition. The best way is to build exercise into your daily life and make it a habit. An accumulation of at least 30 minutes (in sessions of at least 10 minutes each) of physical activities of moderate- to vigorous-intensity a day can improve your physical fitness and enrich your life. Doing exercise after work or school can help you relieve stress and sleep better. Doing exercise with your family or friends on holidays will not only foster your interest in sports but also enhance your communication with them. Put words into action now and develop a family culture of regular exercise!

We can always create and take opportunities to do physical activities in our everyday life. Some examples are given below for your reference:


- Get up 15 minutes earlier to do simple stretching exercises
- Do more housework, eg. windows cleaning, floor sweeping and vacuuming
- Take a 30-minute walk after lunch or dinner
- Take stairs more often instead of lift
- Opt for active leisure activities such as rope skipping, training at the gym and window-shopping
- Reduce screen time and take part in sports and physical activities with friends during leisure time
- Go outdoors to enjoy fresh air, eg. going on excursions and hiking
- Exercise on a regular basis, eg. swimming, playing badminton and basketball
- Walk to and from your workplace or school instead of taking the car if within a reasonable distance
- Discuss with your colleagues face-to-face instead of over the phone or via email, so as to increase the opportunities of doing exercise



體能活動的指引

Guidelines on the Amount of Physical Activity

兒童及青少年(5至17歲)	成年人(18至64歲)*	長者(年滿65歲或以上)*
<p>對兒童及青少年來說，體能活動包括在學校、家中和社區進行的遊戲、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)。</p>	<p>對成年人及所有健康且沒有體能活動禁忌的65歲或以上長者來說，體能活動包括在日常生活、家中及社區進行的一般和消閒活動，例如交通往來(步行或踏單車)、職務(即工作)、家務、遊戲、體育競賽和有計劃的運動。</p>	
<ul style="list-style-type: none">應每天進行至少60分鐘(累積計算)中等至劇烈強度的體能活動。每天進行多於60分鐘的體能活動，會對健康有更大好處。日常的體能活動應以有氧運動為主。此外，應定下計劃，每星期進行至少3次劇烈強度的活動，當中包括強化骨骼和肌肉的活動。 	<ul style="list-style-type: none">每星期進行至少150分鐘中等強度的有氧體能活動，或至少75分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。每次有氧體能活動應維持至少10分鐘。要取得更大的健康效益，每星期進行中等強度有氧體能活動的時間應增至300分鐘，或每星期進行150分鐘劇烈強度的有氧體能活動，或相等於混合兩種活動模式的時間。進行針對重要肌群的強化肌肉運動，次數為每星期兩天或以上。活動能力較弱的長者應進行可改善平衡力和預防跌倒的體能活動，次數為每星期三天或以上。由於健康原因不能完成上述建議體能活動量的長者，亦應在能力和條件允許範圍內盡量多活動。	
<p>*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。</p>		

Children and the Youth (Aged 5 to 17 years)	Adults (Aged 18 to 64 years)*	Elderly (Aged 65 years or above)*
<p>Physical activities for children and the youth include participating in games and sports competitions, leisure activities, physical education lessons and planned exercises at school and in their family and community life, as well as daily commuting (e.g. walking and cycling).</p>	<p>Physical activities for adults and all healthy elderly aged 65 or above without any contraindication to physical activity include ordinary and recreational in their daily, family and community life, e.g. daily commuting (walking or cycling), performing official duties (i.e. working), doing housework and participating in games, sports competitions and planned exercises.</p>	
<ul style="list-style-type: none">They should engage in moderate- to vigorous-intensity physical activities for at least 60 minutes (accumulative) a day.Spending more than 60 minutes a day on doing physical activities will bring greater health benefits.Most of the daily physical activities should be aerobic in nature. Moreover, physical activities of vigorous-intensity should be planned for at least 3 times a week, in which bone and muscle strengthening exercises should be incorporated. 	<ul style="list-style-type: none">They should engage in at least 150 minutes of moderate-intensity aerobic physical activities a week, or at least 75 minutes of vigorous-intensity aerobic physical activities a week, or an equivalent combination of moderate- and vigorous-intensity activities.Aerobic physical activities should be performed in sessions of at least 10 minutes each.For greater health benefits, they should increase their moderate-intensity aerobic physical activities to 300 minutes a week, or engage in vigorous-intensity aerobic physical activities for 150 minutes a week, or an equivalent combination of moderate- and vigorous-intensity activities.They should do muscle strengthening exercise that involves major muscle groups on 2 or more days a week.The elderly with poor mobility should engage in physical activities that help improve their balance and prevent falls on 3 or more days a week.For those who cannot do the recommended amounts of physical activity due to health conditions, they should be as physically active as their abilities and conditions allow.	
<p>*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.</p>		



運動的益處 Benefits of Exercise

因應身體狀況，每日累積30分鐘運動(每節不少於10分鐘)，持之以恆，會有以下益處：

- 增強抵抗力，減少疾病，提升工作效率
- 增強心肺功能，促進血液循環
- 消耗熱量，減少體內脂肪積聚，保持理想體重
- 強化肌肉，減低患上骨質疏鬆症的風險
- 增加關節靈活性和柔軟度，減低受傷和跌倒的風險
- 減少患上心血管病、高血壓、中風和糖尿病的風險，並有助預防某些癌症（例如大腸癌）
- 鬆弛神經，舒緩壓力，增強自信，促進心理健康
- 擴闊社交圈子

Doing exercise for an accumulation of 30 minutes (in sessions of at least 10 minutes each) every day, depending on your physical condition, will bring you the following benefits:

- Building up body immunity, reducing the chance of getting sick and enhancing work efficiency
- Improving cardiopulmonary functions and blood circulation
- Burning calories, reducing the accumulation of body fat and maintaining a healthy body weight
- Strengthening muscles and reducing the risk of osteoporosis
- Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls
- Reducing the risk of developing cardiovascular disease, hypertension, stroke and diabetes, and helping to prevent some types of cancer (e.g. colorectal cancer)
- Soothing anxiety, relieving stress, boosting confidence and enhancing mental health
- Broadening social circle

注意事項 Points to Note

運動時須注意以下事項:

- 選擇合適的地方進行運動
- 選擇適合自己體能的運動，量力而為
- 穿著合適的運動衣服及運動鞋
- 運動前後做足熱身及緩和運動
- 由簡單的運動開始，循序漸進
- 運動前不宜空腹或吃得太飽
- 補充足夠水分
- 保持呼吸暢順, 運動時不要閉氣
- 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

You should take heed of the follwings when doing exercise :

- Choose an appropriate place for doing exercise.
- Choose the right exercise that suits your physical ability and strength.
- Wear appropriate sportswear and sports shoes.
- Do sufficient warm-up and cool-down exercises before and after exercise.
- Proceed progressively and start with simple exercise.
- Do not exercise on an empty stomach or when you are too full.
- Drink enough water.
- Keep your breathing smooth, do not hold your breath during exercise.
- 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.



運動與健康飲食

Exercise and Healthy Diet

要建立健康的生活模式，除了勤做運動外，健康的飲食習慣也很重要。選擇食物時要考慮其營養價值，同時要注意新鮮和衛生。沒有單一食物能完全滿足人體所需的營養，因此均衡飲食是健康生活的基礎。依照「健康飲食金字塔」建議的比例進食，便可從日常飲食攝取均衡營養。再配合恆常運動和控制體重，便能促進身體健康，有效預防多種與飲食有關的疾病，包括高血壓、心血管病、中風、骨質疏鬆症和某些癌症（例如大腸癌）。

In addition to regular exercise, a healthy diet is also important for the pursuit of a healthy lifestyle. When choosing what to eat, we should take into account the nutritional value, freshness and hygienic quality of food. No single food provides all the nutrients we need, so a balanced diet is fundamental to healthy living. You can have a balanced intake of nutrition by following the recommendations of the “Healthy Eating Food Pyramid”. A balanced diet, together with regular exercise and body weight control, can promote our health and effectively prevent diet-related diseases, such as hypertension, cardiovascular disease, stroke, osteoporosis and some types of cancer (e.g. colorectal cancer).

健康飲食金字塔

Healthy Eating Food Pyramid



年齡組別 Age Group 食物 Food	2-5歲兒童 Children aged 2-5	6-11歲兒童 Children aged 6-11	12-17歲青少年 Adolescents aged 12-17	成人 Adults	長者 Elderly
穀物類 Grains	1.5 - 3碗 bowls	3 - 4碗 bowls	4 - 6碗 bowls	3 - 8碗 bowls	3 - 5碗 bowls
蔬菜 Vegetables	最少1.5份 at least 1.5 servings	最少2份 at least 2 servings	最少3份 at least 3 servings		
水果類 Fruits	最少1份 at least 1 serving	最少2份 at least 2 servings			
肉魚蛋及代替品 Meat, fish, egg & alternatives	1.5 - 3兩 taels	3 - 5兩 taels	4 - 6兩 taels	5 - 8兩 taels	5 - 6 兩 taels
奶類及代替品 Milk & alternatives	2份 servings			1 - 2份 servings	
油、鹽、糖類 Fat/oil, salt and sugar	吃最少 eat the least				
流質飲品 Fluid	4 - 5杯 glasses	6 - 8杯 glasses			



熱量知多少

Facts about Calorie and Energy

維持攝取與消耗的熱量平衡，對保持理想體重非常重要。如攝取的熱量少於消耗的熱量，會阻礙身體成長和導致體重下降。相反，如攝取的熱量多於消耗的熱量，就會導致肥胖。我們每天平均所需的熱量載於下表：

The balance between energy input and output is important for maintaining a healthy body weight. If your energy input is less than the output, your body growth will be hampered and weight loss will occur. On the contrary, if your energy input is greater than the output, it will lead to overweight. Our daily energy requirements are listed below:

組別 Group 年齡 Age	男性 Male (千卡kcal)			女性 Female (千卡kcal)		
	低 Low	中 Medium	高 High	低 Low	中 Medium	高 High
體能活動水平 Activity Level						
7-9歲	1500	1700	1900	1350	1550	1750
10-13歲	1800	2050	2300	1650	1900	2150
14-17歲	2500	2850	3200	2000	2300	2550
18歲以上above	2250	2600	3000	1800	2100	2400
50歲以上above	2100	2450	2800	1750	2050	2350
65歲以上above	2050	2350		1700	1950	
80歲以上above	1900	2200		1500	1750	

(參考資料：《中國居民膳食營養素參考攝入量》。中國營養學會，二零一三。)
(Reference: The Chinese Dietary Reference Intake. Chinese Nutrition Society; 2013.)

女性：
懷孕初期 + 0千卡
懷孕中期 + 300千卡
懷孕後期 + 450千卡
哺乳期 + 500千卡

Female:
1st trimester of pregnancy + 0 kcal
2nd trimester of pregnancy + 300 kcal
3rd trimester of pregnancy + 450 kcal
Breastfeeding + 500 kcal

體能活動與熱量消耗

Physical Activities and Energy Expenditure

想有健康體魄，除飲食均衡外，亦須把體能活動融入生活，建立健康的生活模式。

Apart from maintain a balanced diet, we should also make physical activity a part of our daily life and develop a healthy lifestyle in order to stay healthy.

- 熱量單位為Kilocalorie(千卡)，俗稱卡路里。一千卡是指把一公斤(一公升)水的溫度提高攝氏一度所需的能量。
- 活動種類不同，消耗的熱量不同
- 計算熱量消耗的方程式如下：

- Kilocalorie (kcal) is the unit for measuring energy. One kcal is the amount of energy needed to heat up one kilogram (one liter) of water by one degree Celsius.
- Energy expenditure varies with activities
- The formula for energy expenditure is as follows:

體重(公斤)x 活動時間(小時)x代謝等值(MET)
舉例：體重60公斤人士，急步走30分鐘
所消耗的熱量為：
60公斤x 0.5小時x4.3METs=129千卡

Body Weight(kg) x Activity Duration(hour) x Metabolic Equivalent (MET)
Example : the energy expended by a 60kg person for doing speed walking for 30 minutes is 60kg x 0.5 hour x 4.3METs = 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:

	運動項目 Type pf Activity	代謝等值 (MET)註	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)
日常生活 Daily activities	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
靜態運動 Static activities	靜坐Sitting	1.3	26	33	39	46	52	59
	伸展運動Stretching	2.3	46	58	69	81	92	104
	步行Walking	3.5	70	88	105	123	140	158
動態運動 Active activities	籃球Basketball	6.5	130	163	195	228	260	293
	足球Football	7.0	140	175	210	245	280	315
	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

(以上資料只供參考，實際消耗的熱量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 determined by factors such as intensity and duration of an activity and the physical fitness, skill level, gender, age and body weight of an individual.)

註： 代謝等值 (Metabolic Equivalent (MET)) 是體能活動的強度指標。一般而言，低於 3METs 的屬低強度；3至6 METs 的屬中等強度；高於 6METs 的則屬劇烈強度。

Metabolic Equivalent (MET) is an indicator for the intensity of physical activities. Generally speaking, physical activities of less than 3 METs are regarded as low-intensity; 3 to 6 METs as moderate-intensity; and higher than 6 METs as vigorous-intensity.



更多資訊 More Information

如欲查詢有關「普及健體運動」的資料，請致電康樂及文化事務署(康文署)二十四小時客務熱線：**2414 5555**或瀏覽康文署網頁：www.lcsd.gov.hk/tc/healthy

如欲知道更多健康資訊，請致電衛生署二十四小時健康教育熱線：**2833 0111**或瀏覽衛生防護中心網頁：www.chp.gov.hk

For details about the “Healthy Exercise for All Campaign”, please call the Leisure and Cultural Services Department (LCSD) 24-hour Customer Hotline at **2414 5555** or visit the website of LCSD at

www.lcsd.gov.hk/en/healthy

For more information on health, please call the 24-hour Health Education Hotline of the Department of Health at **2833 0111** or visit the website of the Centre for Health Protection at

www.chp.gov.hk



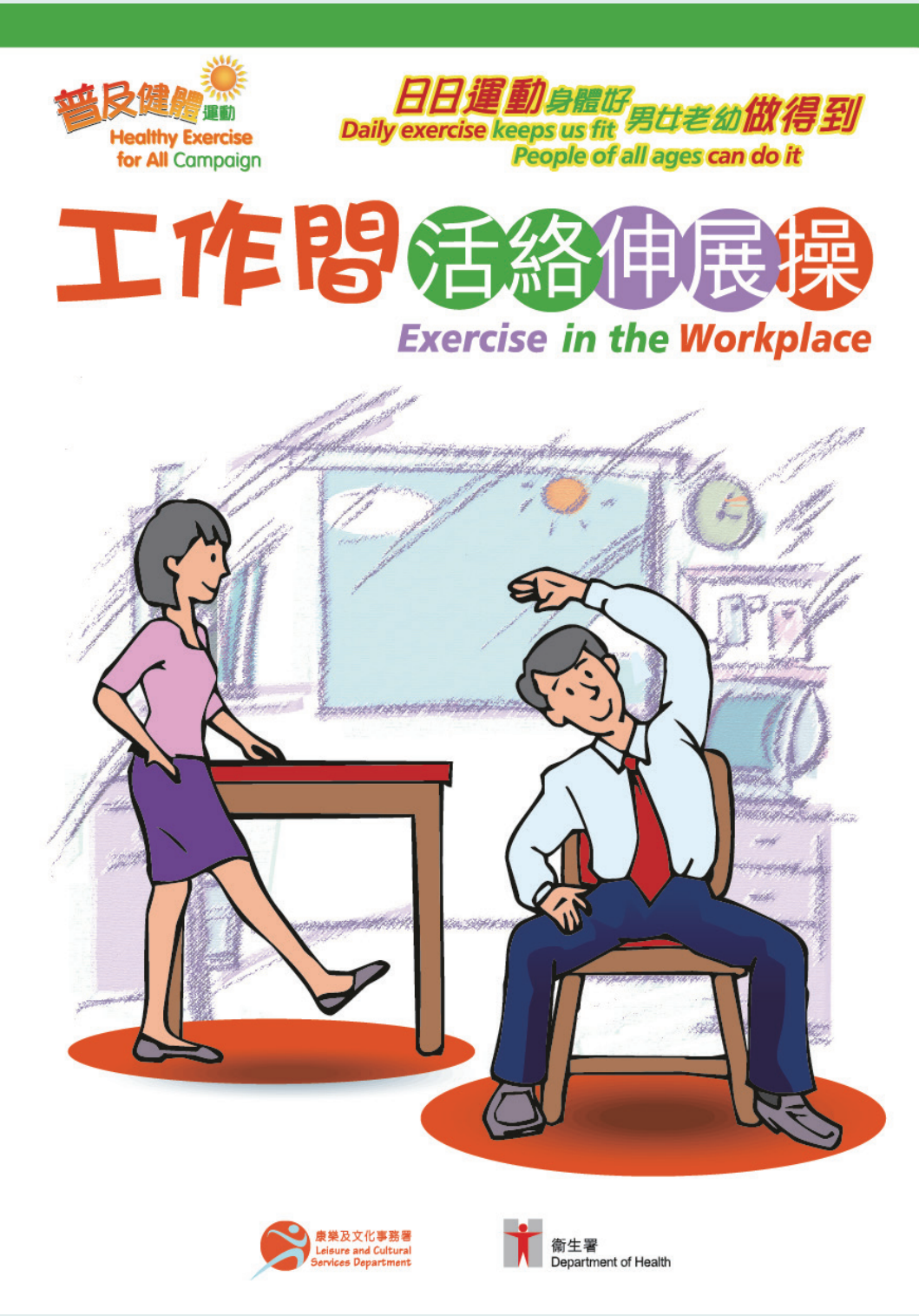
日日運動身體好 男女老幼做得到
Daily exercise keeps us fit People of all ages can do it



有關「普及健體運動」的其他詳細資料，請參閱相關的二維碼

For details about the "Healthy Exercise for All Campaign", please refer to the relevant QR codes :

工作間活絡伸展操 Exercise in the Workplace



投入動感生活，擁抱健康人生！ Get active and enjoy a healthy life!



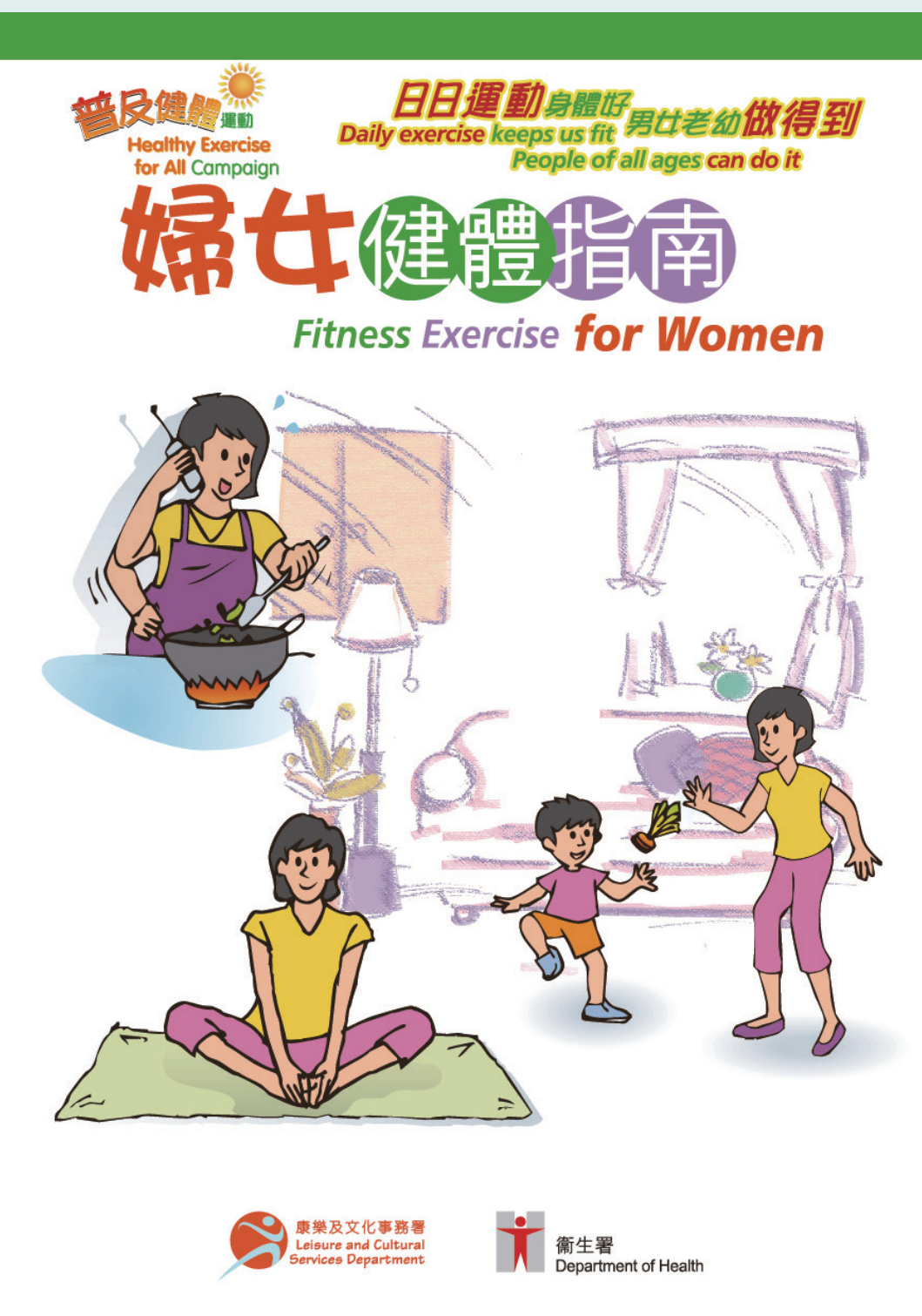
兒童體重管理知多少 Body Weight Management of Children



長者健體指南 Fitness Exercise for the Elderly



婦女健體指南 Fitness Exercise for Women



普及健體操 Fitness Exercise for Persons with Disabilities



跳繩樂 Rope Skipping for Fun



跳舞強身 Dance for Health



優質健行 QualiWalk



健康跑步指南 Running for Health



行山樂 Hiking Scheme

