

**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

# 優質健行

## QualiWalk

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



衛生署  
Department of Health



## 引言 Introduction

### 「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”

每天累積至少 30 分鐘中等強度的有氧體能活動 (每分段不少於 10 分鐘)，對健康有莫大裨益。

An accumulation of at least 30 minutes of moderate-intensity aerobic physical activity (at least 10 minutes per session) can bring great benefits to your health.

步行可說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。約同親友一起步行，更有助維繫家人及朋友之間的感情。運動量適中和姿勢正確的步行活動稱為「優質健行」(即健步行)，所需的裝備簡單，最主要的是有一雙能夠保護足部的健行鞋。要享受活力健康人生，請踏出優質健行第一步。

Walking is perhaps the safest and most effective aerobic physical activity. Easy to master and good for health, it can be done at any time. Walking with your family members and friends helps maintain good relationships as well. A walking exercise that is performed with correct posture and in proper amount is called QualiWalk (also as Fitness Walking). It does not require much gear beyond a pair of good walking shoes to protect your feet. To enjoy an energetic and healthy life, take your first step in QualiWalk now.

## 健行的好處 Benefits of QualiWalk

- 1** 促進血液循環，增強心肺功能  
Improving your blood circulation and cardiopulmonary function
- 2** 保持健康體魄，有助增強自信  
To maintain physical fitness and boost self-confidence
- 3** 消耗熱量，有助保持健康體重  
To burn energy and keep a healthy body weight
- 4** 有助控制血壓、血脂、膽固醇和血糖水平，及減低患上心血管病、高血壓和糖尿病的風險，並可預防部分癌症（例如：大腸癌）  
Keeping the levels of blood pressure, blood lipids, cholesterol and blood glucose under control, as well as reducing the risk of cardiovascular disease, hypertension and diabetes, and preventing some types of cancer (e.g. colorectal cancer)
- 5** 有助鞏固骨骼、預防骨質疏鬆症，更可強化肌肉和關節  
Strengthening your bones, muscles and joints, and preventing osteoporosis
- 6** 有助紓緩壓力，使頭腦靈活及加強記憶力  
Relieving stress, and enhancing mental alertness and memory
- 7** 有助長者強身健體，改善身體靈活度和平衡力  
Improving the physical strength, mobility and balance control of the elderly
- 8** 改善孕婦和產後婦女的健康狀況  
Improving the fitness level of pregnant and post-natal women

# 健行的姿勢、技巧和步速

## The Posture, Techniques and Pace of QualiWalk

### 姿勢 Posture

- 1 即使要走上或走下斜坡，也要盡量挺直身體。  
Keep your body upright as far as possible, even when going up or down a slope.
- 2 抬起頭，放鬆肩膊，眼望前方。  
Raise your head, relax your shoulders and look forward.
- 3 起步時以膝頭帶動小腿和腳跟，就像平時走路一樣。  
Start each step by moving forward your knee, and then your calf and heel, just like walking as usual.
- 4 手肘彎曲，雙手放鬆。  
Bend your elbows with your hands relaxed.



### 正確技巧 Proper Techniques

- 1 放鬆肌肉，別讓肌肉拉緊。  
Relax and do not tense your muscles.
- 2 腳部接觸地面時，順序先由腳跟帶動到前腳掌再到腳尖；雙腳左右交替步行時，帶動身體重心轉移。  
When your foot touches the ground, use your heel first, then feel the pressure roll toward the front part of your foot and toes. When moving your feet alternately, shift your body weight from one leg to the other.
- 3 步幅要自然，但較一般日常散步的步幅為大，約為 0.5 至 0.75 米，視乎個人體型而定。  
Walk naturally in larger-than-usual strides of about 0.5 to 0.75 m, depending on your body size.
- 4 雙臂配合下肢動作自然地擺動，上下肢動作要協調。  
Co-ordinate upper and lower body movements and swing your arms naturally.
- 5 雙腳要保持平行向前，不要如模特兒「貓行」般踏於同一直線上。  
Keep your feet parallel when moving forward, do not put one foot in front of the other in a straight line like catwalk models.





## 正確步速 Correct Pace

- 1** 開始時嘗試較短的路程，然後循序漸進。  
Start with a shorter distance and increase the distance gradually.
- 2** 呼吸與心跳率應自然地慢慢增加。  
Walk at a pace that gradually increases your breathing and heart rates.
- 3** 因應步行強度調整呼吸。適當的步速是指你的呼吸在步行時有加快，但仍能保持說話自如。  
Adjust your breathing according to the intensity of the walk. If you are walking at the right pace, you should be breathing faster than usual but still be able to carry on a conversation comfortably.
- 4** 如要提高步行強度，可增加步頻和加大步幅，但不可影響姿勢和呼吸，並要保持動作對稱。  
For a more vigorous walk, move in larger strides at a higher frequency while keeping your posture, breathing and symmetry of movement unaffected.
- 5** 隨著步行的速度增加，手臂的擺動幅度亦會增加。  
As the walking pace increases, the swinging movements of your arm will be subsequently increased.
- 6** 先選擇在平路健行。  
Start with flat ground first.

## 健行與熱量消耗關係

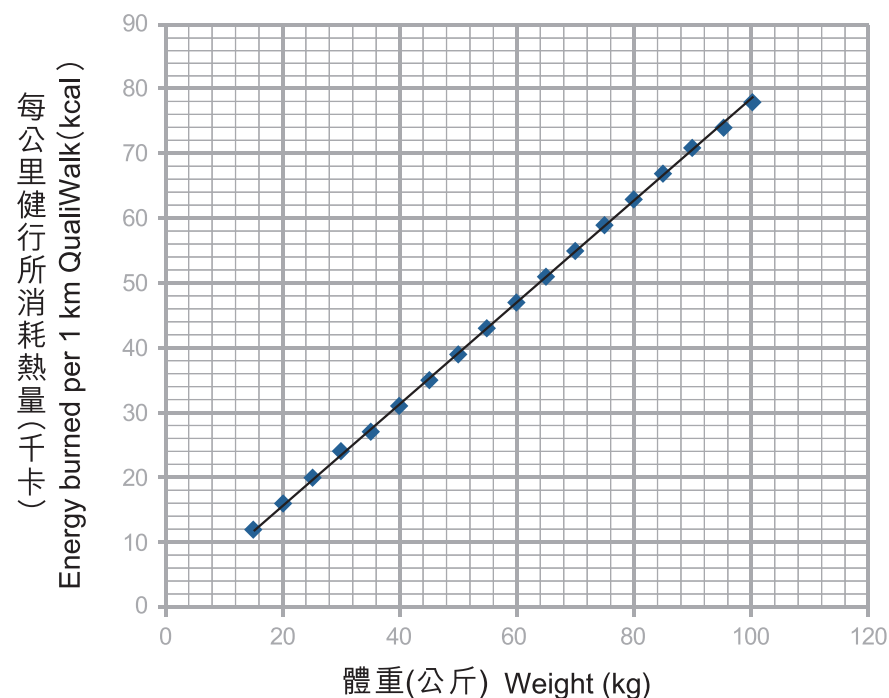
### Relationship between QualiWalk and Energy Expenditure

#### 方法 1 Method

#### 以健行距離計算 By QualiWalk Distance

每公里健行的熱量消耗對換表

Body Weight - Energy Expenditure Chart (per 1 km of QualiWalk)





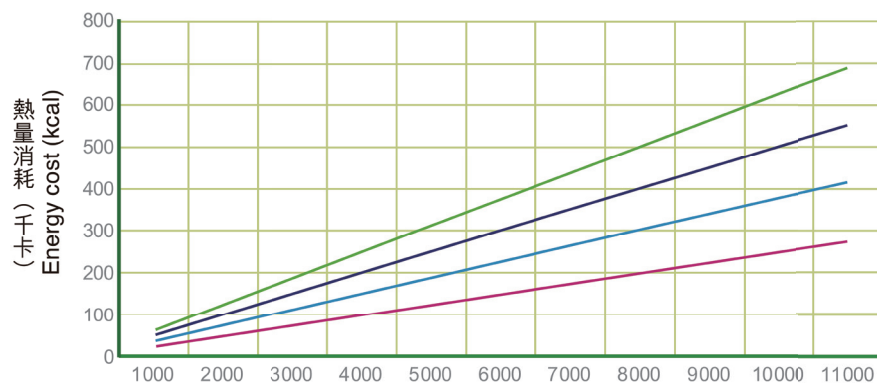
## 方法 2 Method

## 以健行步數計算 By Step Count

健行每 1000 步的熱量消耗對換表

Total Step Count - Energy Cost Chart (per every 1000 steps)

請運用下圖，根據你的體重和健行步數，查閱你在健行中所消耗的熱量。  
Please check the energy cost with reference to your body weight and total step count in the chart below.



體重 (公斤) Body weight (kg) : — 100 — 80 — 60 — 40

(註：以上資料只供一般參考，實際情況會因應運動者的年齡、性別、體能、技巧及運動的劇烈程度而有所不同。)

(Note: The information shown above is for general reference only. The actual situation may vary with the age, gender, physical fitness, skill level and intensity of the exercise of an individual.)

## 溫馨提示

### Smart Tips

### 每日一萬步 輕鬆易做到！ Walk 10 000 steps a day!

個人每天的步數因應工作及生活模式而有所不同。但一般而言，專家建議每天應累積 8 000 至 10 000 步，以收強身健體之效。你可以選擇使用計步器或相關手機應用程式，監察日常生活的健行步數。

The number of steps walked per day varies with occupation and life pattern. Generally speaking, it is recommended that 8 000 to 10 000 steps should be taken every day for improvement of physical fitness. You can keep track of the number of steps you walk in your daily life by using a pedometer or relevant mobile applications.

## 健行運動處方

## Walking Exercise Prescription

健行是男女老幼都能夠做到的體能活動，持續健行能夠有效改善心肺功能和增強耐力。開始前應按個人健康狀況和體能擬定練習計劃，一般是每星期 3 至 5 次，每次不少於 30 分鐘。初習者可按個人體能由每節不少於 10 分鐘做起。

Walking is a physical activity suitable for people of all ages. Regular walking can effectively improve cardiopulmonary function and cardiorespiratory endurance. You should develop a practice plan according to your health condition and physical fitness. The normal pattern should be 3 to 5 times a week for at least 30 minutes each time. Beginners can start with sessions of at least 10 minutes each depending on their physical fitness.

- 練習頻率：** 每星期 3 至 5 次，練習後需要充分休息。  
**Frequency** Exercise 3 to 5 times a week and have enough rest after exercise.
- 運動強度：** 透過調節步速和步幅來調整運動強度。在運動強度方面，可利用自覺竭力程度評分<sup>\*</sup>和目標心率區<sup>\*</sup>域來評估。  
**Intensity** You may vary the intensity of exercise by adjusting your pace and stride. To assess the exercise intensity, you may make use of the Rating of Perceived Exertion<sup>\*</sup> and the Target Heart Rate Zone<sup>\*</sup>.
- 練習時間：** 初次練習時，每次 30 分鐘，可分段進行，但建議每節不少於 10 分鐘，隨後按能力逐步加長時間。  
**Time** You can start with a 30-minute walk at the beginner stage, which may be divided into sessions of at least 10 minutes each. The duration can then be gradually increased according to your physical ability.

<sup>\*</sup> 請參閱「方法 1」及「方法 2」(第 9 頁及第 10 頁)  
Please refer to "Method 1" and "Method 2" (Pages 9 and 10)

## 監察運動強度

### Monitoring of Exercise Intensity

#### 方法 1 Method

#### 自覺竭力程度評分方法

(適用於所有人士，包括兒童、青少年及長者)

#### Rating of Perceived Exertion

(applicable to all people, including children, adolescents and the elderly)

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」，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's need and physical fitness.

#### 方法 2 Method

#### 目標心率區域方法 (適用於一般成年人)

#### Target Heart Rate Zone (applicable to general adults)

目標心率區域計算方法  
計算目標心率區域的公式：

Find out your Target Heart Rate Zone  
Formula for finding out your Target Heart Rate Zone:

$$(220 - \text{年齡 age}) \times 60\% \sim (220 - \text{年齡 age}) \times 90\% *$$

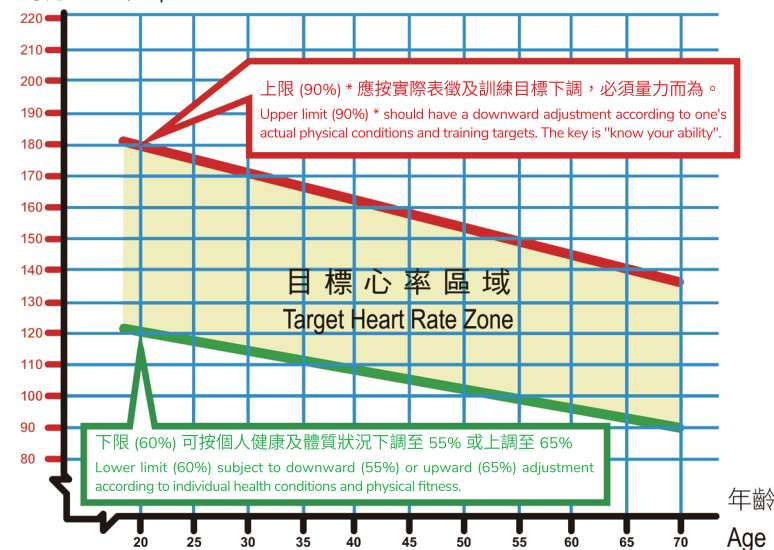
$$(220 - 20) \times 60\% \sim (220 - 20) \times 90\%$$

心率 Heart Rate: 120 — 180 bpm

例如：20 歲步行者的  
目標心率區域是 120 至 180 次

For example: The Target Heart Rate Zone of a 20-year-old walker during exercise should be 120 to 180 beats per minute (bpm)

每分鐘心率 bpm



\* 註：長期病患者和沒有運動習慣的人士應將上限訂在 70%，並在訂下運動計劃前徵詢醫生的意見。

Note: Chronic patients and those who do not have the habit of doing exercise should adjust the upper limit to 70% and consult their doctors first to workout a safe exercise programme.



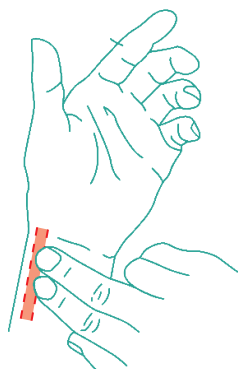
## 溫馨提示

### Smart Tips

#### 量度心率方法 How to Measure Heart Rate

- 1 使用有秒針的手錶或計時秒錶；  
Use a watch with a second hand or a stopwatch;

- 2 以食指和中指的指尖輕觸腕動脈或頸動脈，找出脈搏跳動的位置；  
Use the tips of your index and middle fingers to touch the artery on your wrist or neck gently and feel the pulse; and



- 3 作好準備後，從「0」開始數脈搏次數，直至 15 秒為止，然後將次數乘以 4，便得出 1 分鐘的心跳率。  
Count the pulses for 15 seconds and then multiply the number of pulses by 4 to get the heart rate per minute.

## 溫馨提示

### Smart Tips

#### 計劃我的體能活動強度 Let's Plan our Intensity of Physical Activity

健行是有氧運動，若能持之以恆，既可以改善健康指標，亦有助提升體適能水平。進行有氧運動訓練，建議由中等強度訓練開始，然後逐步增加至劇烈強度的訓練。要知道怎樣才達到中等強度訓練及劇烈強度訓練，可量度實際心率與目標心率比較，以控制及監察體能活動強度。

Walking is an aerobic exercise. Regular walking will not only improve health indexes, but also enhance physical fitness. Initially, you should start with aerobic exercise of moderate-intensity before proceeding gradually to exercise of vigorous-intensity. To monitor your progress from moderate- to vigorous-intensity, you can measure your heart rate against the target heart rate.

## 運動步驟

### Exercise Procedure

步驟 Procedure		時間 ( 分鐘 ) Duration (minute)	目的 Purpose
熱身 Warm-up	低強度舒鬆運動 Warm-up exercises of low-intensity	最少 5 At least 5	<ul style="list-style-type: none"><li>● 提升體溫 To raise body temperature</li><li>● 讓身體由靜止狀態慢慢過渡至運動狀態 To allow your body to prepare gradually for further exercise</li></ul>
	伸展運動 Stretching exercises	最少 10 At least 10	<ul style="list-style-type: none"><li>● 增加關節的活動幅度或範圍 To enhance the flexibility of joints</li><li>● 預防或減低運動受傷的機會 To prevent or reduce the risk of injuries during exercise</li></ul>
鍛鍊 Workout	中等至劇烈強度的健行練習，配合適量的阻力訓練 Walking exercise of a moderate- to vigorous-intensity, coupled with a suitable amount of resistance training	最少 30 At least 30	<ul style="list-style-type: none"><li>● 增強心肺功能 To strengthen cardiopulmonary function</li><li>● 增加肌肉力量及耐力 To enhance muscular strength and endurance</li><li>● 促進骨骼健康 To promote bone health</li><li>● 改善身體平衡力 To improve body balance</li></ul>
整理 / 緩和 Cool-down	伸展運動 Stretching exercises	最少 10 At least 10	<ul style="list-style-type: none"><li>● 讓身體由劇烈運動狀態慢慢過渡至靜止狀態 To allow your body to calm down gradually after exercising at a vigorous intensity</li><li>● 減輕因積聚代謝廢物而引致疲勞 To reduce fatigue caused by the accumulation of metabolic wastes</li></ul>
	低強度舒鬆運動 Cool-down exercises of low intensity	最少 5 At least 5	<ul style="list-style-type: none"><li>● 讓更多血液流向身體其他部分，使身體慢慢回復正常狀態 To allow more blood flow to other parts of your body so that you can return gradually to the normal condition</li></ul>

如天氣寒冷，宜花更多時間進行較大強度的熱身運動，並穿著合適的保暖衣物以保持體溫。  
In cold weather, spend more time on warm-up exercises of higher intensity and wear appropriate warm clothing to maintain your body temperature.

## 伸展運動 Stretching Exercises

### 基本原則 Basic Principles:

- 1 進行靜態伸展運動。  
Do static stretching exercises.
- 2 避免進行幅度過大、抽動或彈震式的伸展運動。  
Do not overstretch your muscles, and avoid sudden or jerky movements and ballistic stretching exercise.
- 3 當肌肉感到拉扯時，維持 10 至 30 秒，並保持呼吸暢順。  
Slightly stretch your muscles for 10 to 30 seconds, and keep your breathing even and smooth.
- 4 由頭至腳或腳至頭進行伸展運動。  
Do stretching exercises from head to toe or vice versa.
- 5 身體左右兩邊的肌肉和關節都需要均衡的伸展運動，每邊重複 3 至 4 次。  
Stretch your muscles and joints on both sides of your body evenly, and repeat 3 to 4 times on each side.

### 溫馨提示

### Smart Tips

伸展操能夠放鬆緊張的肌肉，改善關節活動，鬆弛神經，減低運動受傷及患上肌肉痛症的風險。

Stretching exercises help you relax the muscles, enhance the mobility of your joints, relax your mind and reduce the risk of sport injuries and muscle soreness.

## 伸展運動示範 Demonstration of Stretching Exercises

### 1 頸部 Neck



- 眼望前方。  
Look forward.
- 頭部緩緩向左邊轉，直至頸部右邊感到輕微拉扯。  
Turn your head slowly to the left until the right side of your neck feels a slight stretch.
- 以反方向重複動作。  
Repeat on the other side.

### 2 肩頸 Shoulders and Neck



- 放鬆肩頸。  
Relax your shoulders and neck.
- 頭部慢慢向左肩方向傾側，直至右肩頸感到輕微拉扯。  
Slowly lower your left ear toward your left shoulder until your right shoulder feels a slight stretch.
- 以反方向重複動作。  
Repeat on the other side.

### 3 肩膊 Shoulders



- 右臂伸直，橫置於胸口前。  
Pull your right arm horizontally across your chest and hold your right elbow tightly with your left arm.
- 左手臂緊扣右手手肘，並壓向胸口，直至右肩膊感到輕微拉扯。  
Slightly press your right arm toward your chest until your right shoulder feels a slight stretch.
- 換手重複動作。  
Repeat with the other arm.

### 4 手臂 Arms



- 右手放於頸後近肩胛骨上方位置。  
Put your right hand behind your neck and near the top of your shoulder blade.
- 左手將右手肘拉向左方，直至右肩及上臂感到輕微拉扯。  
Pull your right elbow to the left with your left hand until your right shoulder and upper arm feel a slight stretch.
- 換手重複動作。  
Repeat with the other arm.



## 5 胸部 Chest



- 靠牆或柱站立，雙腳微微分開。  
Stand near a wall or a pole with feet slightly apart.
- 右臂提起，右肘屈曲如圖示，與肩膊成一水平線。  
Raise your right arm, bend your right elbow and hold at shoulder level as shown in the illustration.
- 背部保持挺直，身軀稍向前移，挺胸。  
Keep your back straight. Lean forward slightly and stretch your chest.
- 換手重複動作。  
Repeat with the other arm.

## 6 腰側 Waist



- 雙腳微微分開站立。  
Stand with feet slightly apart.
- 左手肘屈曲撐腰，右臂向上伸直並向左彎腰，直至右腰側感到輕微拉扯。  
Bend your left elbow and put your left hand on your waist. Stretch your right arm above the head and bend to the left until your right side waist feels a slight stretch.
- 換手重複動作。  
Repeat with the other arm.

## 7 前大腿 Anterior thighs



- 右手扶欄，站立並保持身軀挺直。  
Hold a railing with your right hand and stand erect.
- 用左手將右腳從後拉起至臀部，直至右大腿前面感到輕微拉扯。  
Take your right foot up behind you with your left hand toward your hips until the front of your right thigh feels a slight stretch.
- 換腿重複動作。  
Repeat with the other leg.

## 8 大腿內側 Inner thighs



- 雙手扶欄杆站立，雙腳分開至約肩膊兩倍的寬度。  
Hold a railing with both hands. Stand with feet approximately two shoulder widths apart.
- 重心左移，保持身軀挺直，左膝輕微屈曲，直至右大腿內側感到輕微拉扯。  
Shift your body weight to the left foot and keep your body straight. Bend your left knee slightly until your right inner thigh feels a slight stretch.
- 換腿重複動作。  
Repeat with the other leg.

## 9 後大腿 Posterior thighs



- 雙手扶欄，右腳向前踏一步。  
Hold a railing with both hands. Take one step forward with your right foot.
- 右腿伸直，腳跟觸地，腳尖向天。  
Straighten your right leg with your heel touching the ground and toes pointing upward.
- 重心後移，直至右大腿後方感到輕微拉扯。  
Shift your body weight backward until the back of your right thigh feels a slight stretch.
- 換腿重複動作。  
Repeat with the other leg.

## 10 小腿 Calves



- 雙腳成弓箭步，左腳前，右腳後，腳尖向前。  
Stand with your left foot in the front and right foot at the back, toes pointing forward.
- 雙手扶欄，身軀微微前傾，左膝屈曲，右腳伸直，腳掌緊貼地面，直至右小腿感到輕微拉扯。  
Hold a railing with both hands and lean forward slightly. Bend your left knee and straighten your right leg while keeping your feet flat on the ground until your right calf feels a slight stretch.
- 換腿重複動作。  
Repeat with the other leg.

## 阻力訓練 Resistance Training

### 基本原則 Basic Principles:

- 1 盡量穿着較鬆身的衣物，先進行伸展運動作熱身。  
Wear loose outfits. Do warm-up stretching exercises before resistance training.
- 2 應以循序漸進方式進行，以較安全及有效方法改善肌力及肌耐力。  
Resistance training should be progressive in nature, so that muscular strength and endurance can be improved in a safe and effective way.
- 3 每星期最好針對身體各主要肌羣進行 2 至 3 天的鍛鍊。主要肌羣包括胸部、肩膊、上背、腰背、腹部、臀部、大腿及小腿。  
Resistance training is best performed 2 to 3 days per week, targeting major muscle groups of the body including chest, shoulders, upper back, waist and back, abdomen, buttocks, thighs and calves.
- 4 每次訓練時，針對每一組主要肌羣進行 2 至 4 組的訓練；每組重複動作 10 至 15 次。  
In each training session, perform 2 to 4 sets of training for each major muscle group and perform 10 to 15 repetitions for each set.
- 5 運動過程中保持呼吸暢順，用力推拉時呼氣，回復起始位置時緩緩吸氣。切勿閉氣，以免影響心血管系統。  
Keep your breathing even and smooth during the exercise. Exhale when exerting force for pulling or pushing, and inhale slowly when returning to original positions. Do not hold your breath to avoid adverse effects on the cardiovascular system.
- 6 每次訓練後，都以伸展運動作緩和及整理。  
After each training session, do stretching exercises to let your body cool down and adjust.

- 7 康復中、傷癒後、關節疼痛及懷孕期間的阻力訓練鍛鍊，需要專業人士監督下進行。

Professional supervision is required for all the resistance training during recovery from illness or injury, and in the case of joint pain or pregnancy.

### 阻力訓練示範 Demonstration of Resistance Training

#### 1 牆上壓 (胸部、肩膊及手臂後方)

Wall Press Up (chest, shoulders and posterior arms)

- 雙手分開至約肩膊的寬度，壓在牆上，雙腳微微分開站立。  
Put your hands shoulder-width apart on the wall. Stand erect with your feet slightly apart.
- 吸氣，身體慢慢向前移，直至手肘屈曲成 90 度角。  
Inhale when inclining your body toward the wall until your elbows are bent at an angle of about 90°.
- 呼氣，用力撐起身體至原來位置。  
Exhale when pushing up until your body returns to the starting position.
- 過程中身體保持挺直。  
Keep your body straight throughout the exercise.

進階動作：雙手置於長凳或地上

Advanced move: Put your hands on a bench or on the ground





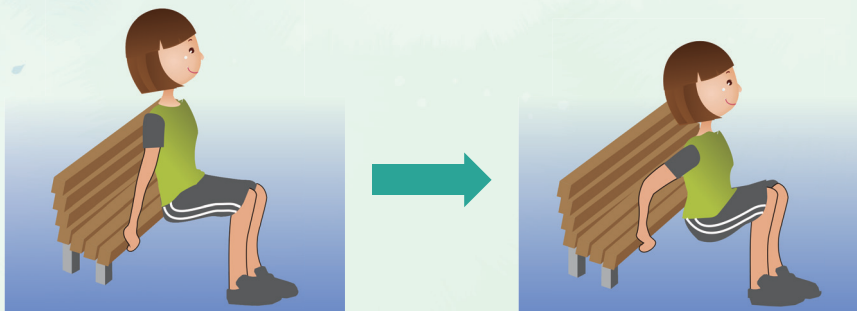
## 2 椅上雙臂屈伸 (胸部、肩膊及手臂後方)

Dipping (chest, shoulders and posterior arms)

- 雙手分開至約肩膊的寬度，按在椅上，雙腳微微分開。  
Put your hands shoulder-width apart on a bench. Place your feet slightly apart.
- 吸氣，身體慢慢向下移，直至手肘屈曲成 90 至 135 度角。  
Inhale when lower your body until your elbows are bent at an angle of about 90° to 135°.
- 呼氣，用力撐起身體至原來位置。  
Exhale when push up until your body returns to the starting position.
- 過程中身體保持挺直。  
Keep your body straight throughout the exercise.

進階動作：雙腳伸直

Advanced move: Keep your legs straight



### 溫馨提示

#### Smart Tips

阻力訓練是強化肌肉的鍛鍊，可有效改善身體的肌肉力量及耐力，使肌肉結實和關節強健。

Resistance training is a muscle strengthening exercise that is effective in improving muscular strength and endurance, toning muscles and strengthening joints.

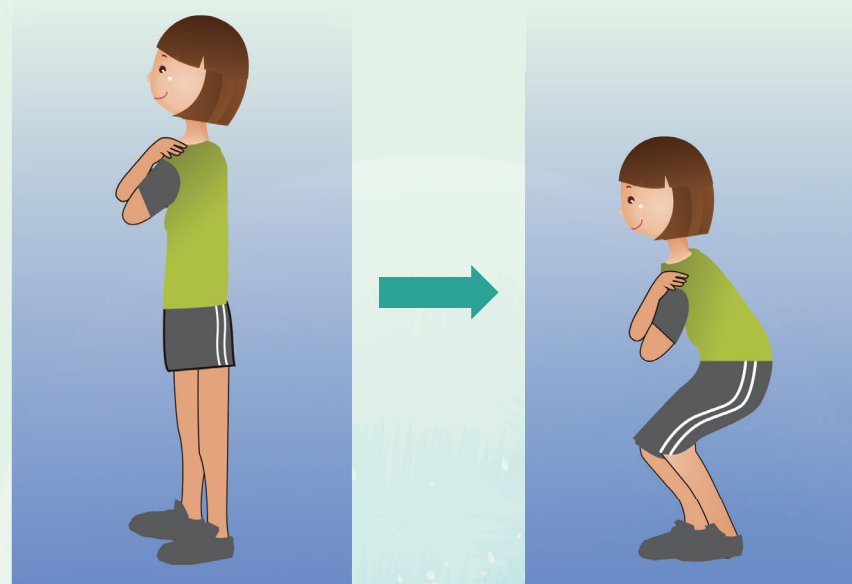
## 3 蹲腿 (大腿及臀部)

Squat (thighs and hips)

- 站立，雙腳分開至約肩膊的寬度，雙手交叉置放於胸前。  
Stand erect with your feet shoulder-width apart. Cross your arms in front of the chest.
- 吸氣，身體慢慢向下移，屈膝至大腿與地面成大約 45 度角。  
(注意：膝蓋不可超越腳尖)  
Inhale when lower your body and bend your knees until your thighs are about 45° to the ground. (Note: Remember not to let your knees extend beyond your toes)
- 呼氣，大腿用力撐起身體至原來位置。  
Exhale when stand up until your body returns to the starting position.
- 過程中身體保持挺直。  
Keep your body straight throughout the exercise.

進階動作：身體慢慢向下直至大腿與地面平衡

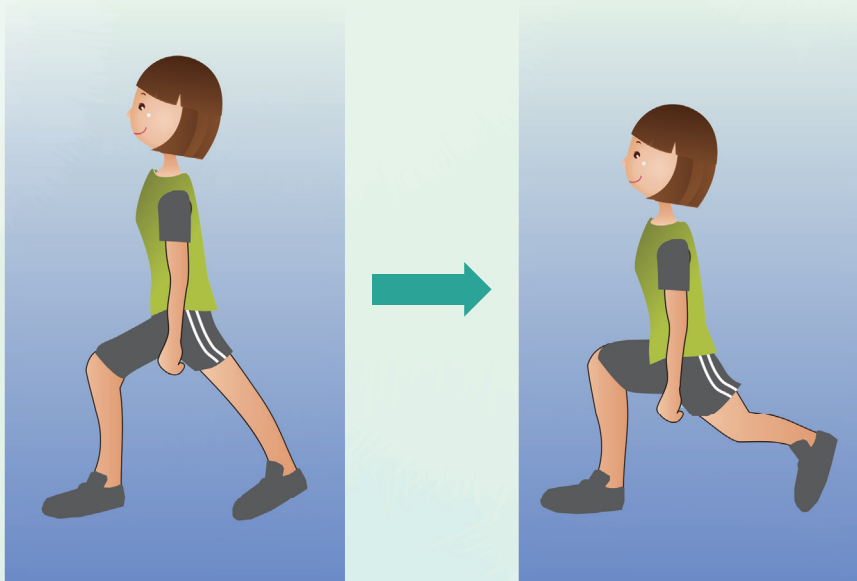
Advanced move: Lower your body until your thighs parallel to the ground



#### 4 箭蹲 (大腿及臀部)

Lunge (thighs and hips)

- 雙腳成弓箭步，右腳前，左腳後，腳尖向前。  
Stand with your right foot in the front and left foot at the back, toes pointing forward.
- 吸氣，身體慢慢向下移，屈膝至右大腿與地面成大約 45 度角，左腳微曲。  
(注意：右膝蓋不可超越腳尖)  
Inhale when lower your body and bend your right knee until your right thigh is about 45° to the ground. Keep your left leg slightly bent.  
(Note: Remember not to let your right knee extend beyond your toes)
- 呼氣，大腿用力撐起身體至原來位置。  
Exhale when stand up until your body returns to the starting position.
- 過程中身體保持挺直。  
Keep your body straight throughout the exercise.
- 換腿重複動作。  
Repeat with the other leg.



#### 5 上落樓梯 (大腿及臀部)

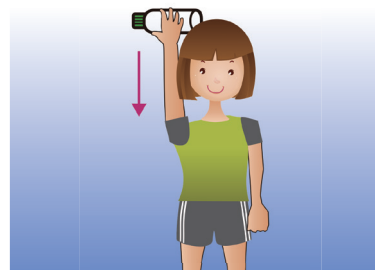
Stepping (thighs and hips)

- 上落樓梯可有效鍛鍊大腿及臀部肌肉。  
(注意：梯級不宜過高，以免加重對膝蓋的壓力；屈膝不應少於 90 度角)。  
Stepping up and down is effective in strengthening your thighs and hips.  
(Note: The step should not be too high to avoid causing too much pressure on your knees. Your knees should be at an angle not less than 90°.)



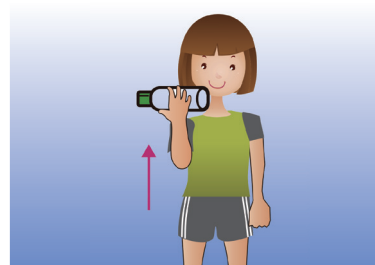
#### 溫馨提示

#### Smart Tips



舉水樽亦可輕鬆強化肌肉。

Lifting a water bottle can strengthen your muscles in a leisurely manner.



腰背挺直站立，雙腳分開至約肩膊的寬度，膝後曲，右手拿着載有約 500 毫升水的膠樽，向上舉高至手肘伸直，然後慢慢放下。左右手各做 10 至 15 次。

Stand erect with your feet shoulder-width apart and slightly bent. Hold a plastic bottle containing about 500 ml of water with your right hand. Raise your right arm and keep it straight. Return slowly to the starting position. Repeat 10 to 15 times with each arm.



## 測試心肺耐力

### Cardiorespiratory Endurance Test

在康樂及文化事務署舉辦的「優質健行」訓練班中，導師會為學員安排 1 哩（即 1.6 公里）步行測試，以協助各學員了解個人的身體狀況。測試方法如下：

In the QualiWalk training class held by the Leisure and Cultural Services Department (LCSD), the instructors will arrange for a 1 mile (i.e. 1.6 km) walking test for the participants so as to let them have a better understanding of their physical conditions. The test is conducted in the following way:

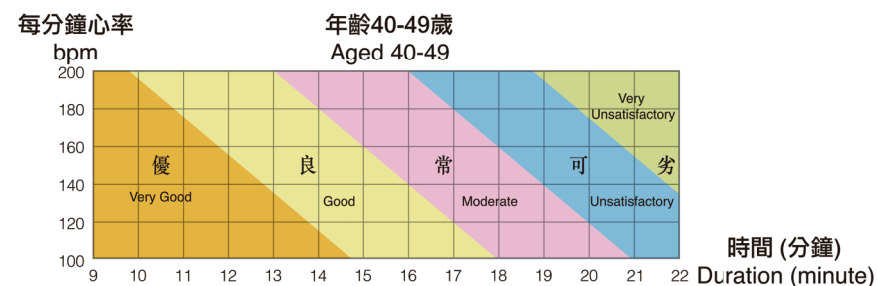
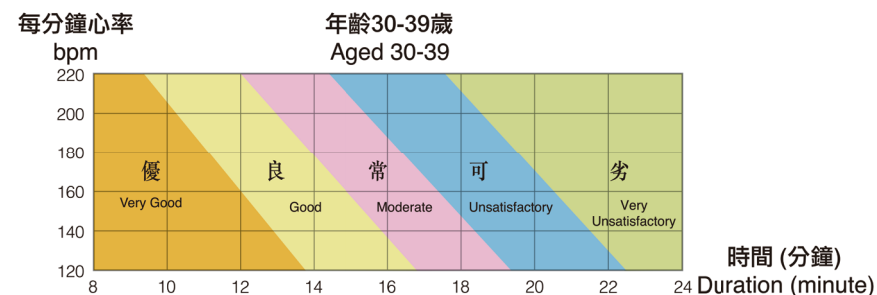
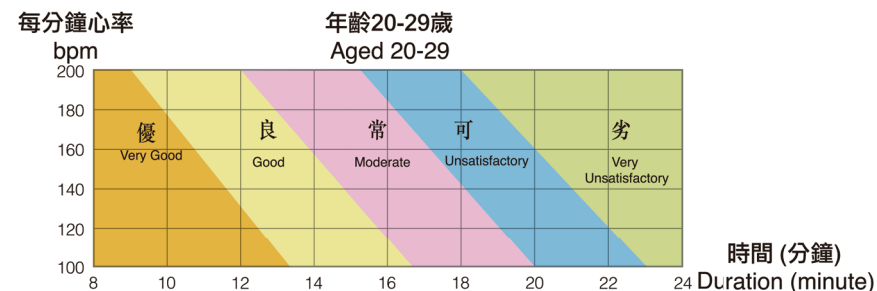
- 1 先選擇約 1.6 公里（即 1 哩）的健行徑。  
Select a walking trail of approximately 1.6 km (i.e. 1 mile) in length.
- 2 先做熱身，然後從起步的一刻開始計時，以個人最快而又穩定的步速完成整段路程。  
Warm up first. Count the time as you start walking. Walk at the fastest pace and in a steady manner to finish the trail.
- 3 抵達終點後，立即記錄行畢全程所需的時間。  
As soon as you reach the end of the trail, record the time spent on the walk.
- 4 下一步是量度 15 秒內的脈搏跳動次數，然後把次數乘以 4，計算出 1 分鐘的運動後心跳率。  
Then count your pulse rate for 15 seconds. Multiply the counted rate by 4 to find out your heart rate per minute after exercise.
- 5 參看測試對照表\*，便可得知個人身體狀況。  
Refer to the assessment comparison table\* to check your physical fitness.

\* 註：導師將為不足 20 歲的參加者提供另一對照表。

Note: Instructor will provide another table for participants aged under 20.

## 測試對照表 (男性)

### Assessment Comparison Table (For Male)







## 合適的路徑

### Recommended Walking Trails

哪些地方適合健行？首先，必須選擇安全的路徑，例如路面乾爽、路徑光線充足和暢通無阻。以下為你介紹一些合適的路徑：

What places are suitable for walking? First of all, you must select a safe trail, e.g. a well-lit trail with a dry road surface and free of obstacles. Some suitable trails are suggested below:



地區 District	場地 Veune
南區 Southern	鴨脷洲風之塔公園 Ap Lei Chau Wind Tower Park
中西區 Central and Western	香港公園 Hong Kong Park
	中山紀念公園 Sun Yat Sen Memorial Park
灣仔 Wan Chai	灣仔公園 Wan Chai Park
	寶雲道 Bowen Road
東區 Eastern	鰂魚涌公園 Quarry Bay Park
深水埗 Sham Shui Po	荔枝角公園 Lai Chi Kok Park
油尖旺 Yau Tsim Mong	九龍公園 Kowloon Park
黃大仙 Wong Tai Sin	蒲崗村道公園 Po Kong Village Road Park
	牛池灣公園 Ngau Chi Wan Park
觀塘 Kwun Tong	麗港公園 Laguna Park
	佐敦谷公園 Jordan Valley Park
九龍城 Kowloon City	九龍寨城公園 Kowloon Walled City Park
	賈炳達道公園 Capenter Road Park
	九龍仔公園 Kowloon Tsai Park
北區 North	北區公園 North District Park
	百福田心遊樂場 Pak Fuk Tin Sum Playground

步行習慣持之以恆，對我們健康有長遠的益處。除了在合適的路徑健行外，你亦可嘗試以下方法：

Taking a walk regularly has long term benefits for our health. Apart from walking the trails, you may also try the following:

- 目的地不太遠的話，以步行代替乘車；或在目的地前一、兩個站下車，步行往目的地  
walking instead of taking public transport for short journeys; getting off the vehicle one or two stops earlier and walking to your destination
- 和朋友一起健行，共享當中樂趣  
walking with your friends and have fun together
- 在清早和黃昏出外步行，有助減壓，鬆弛神經  
going for a walk in the morning and evening, to get relaxed and relieve stress.

地區 District	場地 Veune
大埔 Tai Po	大埔海濱公園 Tai Po Waterfront Park
	梅樹坑遊樂場 Mui Shue Hang Playground
沙田 Sha Tin	沙田公園 Sha Tin Park
	馬鞍山公園 Ma On Shan Park
	馬鞍山海濱長廊 Ma On Shan Promenade
西貢 Sai Kung	西貢海濱長廊 Sai Kung Promenade
	寶翠公園 Po Tsui Park
	將軍澳海濱公園 Tseung Kwan O Waterfront Park
屯門 Tuen Mun	屯門公園 Tuen Mun Park
	湖山河畔公園 Wu Shan Riverside Park
元朗 Yuen Long	元朗公園 Yuen Long Park
	天水圍公園 Tin Shui Wai Park
荃灣 Tsuen Wan	城門谷公園 Shing Mun Valley Park
	荃灣公園 Tsuen Wan Park
葵青 Kwai Tsing	青衣公園 Tsing Yi Park

## 健行的安全須知及注意事項

- 1 了解自己的身體狀況 (尤其是慢性病患者)。由於個人的健康及體能狀態各異，應選擇自己能夠應付的運動強度、練習時間及練習頻率。
- 2 健行應持之以恆，並應循序漸進才能夠符合指引的要求和達到強身健體的目標。平時疏於體能活動的人，開始時應選擇低難度的路徑，並以較慢的速度健行；熟練後再逐步提升運動強度、時間及頻率。
- 3 如因身體狀況而未能依照上述指引練習，切勿強行鍛鍊，請先徵詢醫生或專業人士的意見。
- 4 如在練習期間或之後感到身體不適或有任何不良反應，請立即停止練習，並尋求醫護人員協助。
- 5 應穿著合適的休閒運動服裝及鞋襪健行。即使鞋子舒適，也應穿上襪子。健行鞋的主要特色如下：
  - 鞋頭要寬闊，鞋跟要舒適地緊貼腳跟
  - 鞋的內部要提供良好的承托力和保護功能
  - 鞋跟部位要穩固結實，提供足夠防護
  - 鞋底要防滑，鞋身要柔韌
- 6 練習前，先做熱身及伸展運動；練習後，做整理及緩和運動。
- 7 健行前後和健行期間，都必需補充足夠水分。
- 8 應該選擇在適當的溫度及濕度下健行，酷熱或嚴寒的環境均不適宜。
- 9 應該選擇在安全的場地或路徑健行。

### 更多資訊 >>>>>>

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（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)。

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)。

## Safety Tips and Points to Note for Walking

- 1 Understand your own physical condition (especially for persons who suffer from chronic illnesses). As health condition and physical fitness vary among individuals, it is advisable to ensure that the intensity, duration and frequency of exercise are within your capabilities.
- 2 Make walking a habit and do it progressively according to the guidelines in order to achieve the target of enhancing physical fitness. Those who seldom exercise should start at a lower intensity and a slower pace, then increase the exercise intensity, duration and frequency progressively.
- 3 If your physical condition does not allow you to participate in walking according to the guidelines, do not force yourself to do so. Consult a doctor or other professionals beforehand.
- 4 If you feel unwell or have any adverse reactions during or after walking, stop immediately and seek medical assistance.
- 5 Wear suitable sportswear, socks and walking shoes. Put on your socks even if you have got a pair of comfortable shoes. Key features of walking shoes are as follows:
  - the toe box should be wide and the heel counter snugly fit
  - the inner part should provide proper support and protection
  - the heel counter should be sturdy and provide enough protection
  - the sole should be non-slippery and the body being soft and flexible
- 6 Do warm-up and stretching exercises before you start a walk; and do cool-down exercises afterward.
- 7 Drink enough water before, after and during a walk.
- 8 Walk in moderate temperature and humid conditions; and avoid under extremely hot or cold weather.
- 9 Select a safe place or trail for a walk.

### More Information >>>>>>

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 (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).

For more information on health, please call the 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).