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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。

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”)
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如欲知道更多健康資訊，請致電衛生署健康教育專線：2833 0111
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普及健體運動
Healthy Exercise
for All Campaign

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

長者健體指南

A Guide to Fitness Exercise for the Elderly



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

衛生署
Department of Health

引言 Introduction

根據「全港社區體質調查」的結果，香港的長者（60 至 69 歲人士）中有超過五成女性和六成男性屬於過重或肥胖，三成男性長者和四成女性長者的腰圍分別超過 90 厘米和 80 厘米，按世界衛生組織界定屬於「中央肥胖」。調查結果亦顯示，長者中超過四成男性和三成女性患有高血壓。此外，超過四成長者未達到世衛建議的體能活動水平（即每星期進行 150 分鐘或以上中等至劇烈強度的體能活動）

適量運動有益身心，好處如下：

1. 強身健體，改善心肺功能；
2. 消耗熱量[#]，有助保持健康體重；
3. 改善血壓和降低血脂；
4. 預防或控制糖尿病；
5. 預防心血管病及中風；
6. 預防骨質疏鬆；
7. 預防部分癌症（例如：大腸癌）；
8. 減低跌倒的風險；
9. 調劑心情，紓緩生活壓力；以及
10. 有助結交朋友，擴闊社交圈子。

[#] 了解體能活動與熱量消耗，有助體重管理。

例一：75 歲、體重為 65 公斤的長者，慢步 30 分鐘大致可消耗 120 千卡。

例二：60 歲、體重為 50 公斤的長者，做 30 分鐘健身操大致可消耗 140 千卡。

（註：以上例子僅供參考，實際消耗的熱量會因個別人士的年齡、性別、體能、技術水平、活動的劇烈程度等而有所不同。）



為鼓勵長者多做運動，本小冊子將介紹適合長者的椅上操、健步舞和毛巾操。另外，亦會介紹有助鍛鍊肌肉和平衡的動作，以配合長者的需要。

參考資料

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。

According to the findings of the "Territory-wide Physical Fitness Survey for the Community", among the elderly people in Hong Kong (aged 60 to 69), over 50% of females and 60% of males were overweight or obese. More than 30% of elderly men had a waist circumference over 90 cm and 40% of elderly women had a waist circumference over 80cm, i.e. they suffered from "central obesity" as defined by the World Health Organization. The study also showed that over 40% of elderly men and 30% of elderly women were suffering from high blood pressure. Moreover, over 40% of the elderly did not meet the physical activity level recommended by the World Health Organization, i.e. at least 150 minutes of moderate-to-vigorous physical activity per week.

Doing a moderate amount of exercise is beneficial to physical and mental health. The benefits are as follows:

1. Strengthen your body and improve cardiopulmonary functions;
2. Burn calories[#] to maintain a healthy body weight;
3. Improve blood pressure and reduce the level of blood lipids;
4. Prevent or control diabetes;
5. Prevent cardiovascular disease and stroke;
6. Prevent osteoporosis;
7. Prevent some types of cancer (e.g. colorectal cancer);
8. Reduce the risk of falls;
9. Improve your mood and relieve stress in daily life; and
10. Help make new friends and broaden social circle.

[#] To learn more about the physical activity and energy expenditure will help body weight management.

Example 1: For an elderly person aged 75 years and weighing 65 kg, a 30-minute slow walk will burn about 120 kcal of energy.

Example 2: For an elderly person aged 60 years and weighing 50 kg, 30 minutes of fitness exercise will burn about 140 kcal of energy.

(Note: The examples shown above are for reference only. The actual amount of energy expended may vary with individual's age, gender, physical fitness, skill level, intensity of exercise, etc.)

To encourage the elderly to do more physical activities, information on some suitable exercises, including chair aerobics, walk aerobics and towel exercise, are provided in this booklet. Information on exercises to improve muscle strength and balance control are also introduced to meet their needs.

Reference

Territory-wide Physical Fitness Survey for the Community. Final summary report. Hong Kong SAR: Leisure and Cultural Services Department; 2021.

長者運動時須注意的事項

Points to Note for the Elderly During Exercise

- 運動前應徵詢醫生或專業人士的意見；
Seek advice from a medical practitioner or professional before doing exercise;
- 注意安全，緊記須移除運動範圍內的障礙物；
Pay attention to safety and remember to clear all the obstacles within the exercise area;
- 穿著合適的運動衣服及運動鞋；
Wear suitable sportswear and sports shoes;
- 必須循序漸進，由簡單的運動開始；
Proceed step by step and start with simple exercise;
- 運動前後必須做足熱身及緩和運動；
Remember to do sufficient warm-up and cool-down exercises before and after the physical exercises;
- 保持呼吸暢順，留意身體變化，如感到頭暈、呼吸困難、胸口有壓力等，應立即停止運動；以及
Keep breathing smoothly and beware of any symptoms such as dizziness, shortness of breath and chest tightness. If you have any of such symptoms, stop the exercise immediately; and
- 根據「自覺竭力程度評分」(見下表)，運動強度一般應控制在 5 至 7 分之間，並須按個人體能相應調節
Keep the intensity of exercise within the scale Between ratings 5 to 7 according to the "Rating of Perceived Exertion" (see the table below), and adjust the intensity according to your own fitness level.

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

長者體能活動量指引

Guidelines on the Amount of Physical Activity for the Elderly

體能活動包括在日常生活、家庭及社區內進行的消閒體能活動，例如交通往來(步行或踩單車)、職務(若長者仍在工作)、做家務、及參與遊戲、競賽、體育和有計劃的運動。

Physical activities include recreational or leisure-time physical activities in their daily, family and community life, e.g. daily commuting (walking or cycling), performing official duties (for elderly still working), doing household chores, and participating in games, competitions, sports and planned exercises.

65 歲及以上長者 Elderly aged 65 and above

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

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

- 應每星期進行最少 150-300 分鐘的中等強度有氧活動；或最少 75-150 分鐘的劇烈強度有氧活動；或等量的中等強度和劇烈強度組合活動。
Do at least 150-300 minutes of moderate-intensity aerobic physical activity, or at least 75-150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity throughout the week.
- 要獲得更大的健康效益，可以把每星期中等強度有氧活動增加至 300 分鐘以上；或進行 150 分鐘以上的劇烈強度有氧活動；或等量的中等強度和劇烈強度組合活動。
Achieve greater health benefits through increasing the dose of moderate-intensity aerobic physical activity to more than 300 minutes, or more than 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity throughout the week.
- 每星期兩天或以上進行中等強度或更高強度的強化肌肉活動，針對鍛煉重要肌肉群。
Do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days a week.
- 每星期三天或以上進行多樣化體能活動，著重中等或更高強度的功能性平衡和力量訓練，以增強功能性能力和防止跌倒。
Do varied multicomponent physical activities that emphasise functional balance and strength training of moderate or greater intensity on 3 or more days a week to enhance functional capacity and to prevent falls.
- 由於健康原因不能完成上述建議體能活動量的長者，亦應在能力和條件許可情況下盡量多活動。
For the elderly who cannot do the amounts of physical activity recommended above due to health conditions, they should be as physically active as their abilities and conditions allow.

備註：世界衛生組織的相關指引將長者年齡定義為 65 歲或以上；在徵詢本地相關專業組織意見後，本署認為本單張所列出長者體能活動量指引同樣適用於 60 至 64 歲人士。

Remarks: Under the relevant guidelines of WHO, old age is defined as persons aged 65 and above. The Leisure and Cultural Services Department, in consultation with the relevant local professional bodies, considers that the Guidelines on the Amount of Physical Activity for the Elderly set out in this pamphlet also apply to persons aged 60 to 64.

長者健體操

Fitness Exercise for the Elderly



步驟 Steps:

甲．熱身運動

- (i) 活絡運動
- (ii) 伸展運動

A. Warm-up Exercises

- (i) Mobility Exercises
- (ii) Stretching Exercises

乙．健體運動

- (i) 長者椅上操
- (ii) 長者健步舞
- (iii) 長者毛巾操
- (iv) 長者靜態平衡鍛鍊運動
- (v) 長者肌肉鍛鍊運動

B. Fitness Exercises

- (i) Chair Aerobics for the Elderly
- (ii) Walk Aerobics for the Elderly
- (iii) Towel Exercise for the Elderly
- (iv) Static Balancing Training for the Elderly
- (v) Muscle Strengthening Exercises for the Elderly

丙．緩和運動

- (i) 長者呼吸練習
- (ii) 伸展運動

C. Cool-down Exercises

- (i) Breathing Exercises for the Elderly
- (ii) Stretching Exercises

甲．熱身運動 A. Warm-up Exercises

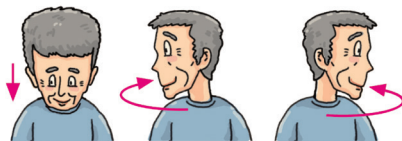
(i) 活絡運動 (5-10 分鐘) Mobility Exercises (5-10 minutes)

每個動作必須緩慢進行。 Practise each movement slowly.

1. 頸部 Neck

頭垂下，頭部慢慢轉向右邊，還原後再慢慢轉向左邊。重複 4 次。

Lower your head and turn to the right slowly. Return to the starting position. Then turn your head to the left slowly. Repeat 4 times.

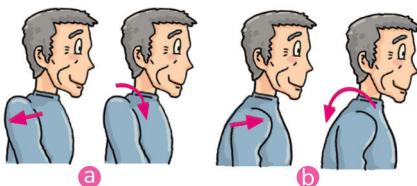


[注意：轉頸次數不宜太多。 Note: Don't turn your head too many times.]

2. 肩膊 Shoulders

a 兩肩略向後摺，上提並向前轉。重複 8 次。
Bring your shoulders backward. Lift and rotate them forward. Repeat 8 times.

b 兩肩略向前摺，上提並向後轉。重複 8 次。
Bring your shoulders forward. Lift and rotate them backward. Repeat 8 times.



3. 胸背 Chest and Back

眼望前方，腰背挺直，手肘屈曲，掌心向前，手肘慢慢向後拉，雙臂貼近身旁。掌心慢慢向前推出，還原。重複 8 次。

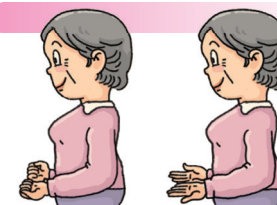
Look forward and keep your back straight. Bend your elbows with your palms facing the front. Pull your elbows backward slowly. Keep your arms close to your body. Push your palms forward slowly. Return to the starting position. Repeat 8 times.



4. 手指及前臂 Fingers and Forearms

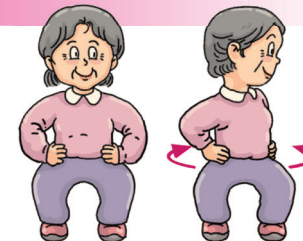
兩臂屈曲，手肘貼近腰側，雙手握拳，然後放開，手指伸直。重複 8 次。

Bend your arms with elbows at waist level. Clench your fists, release and spread your fingers. Repeat 8 times.



5. 腰部 Waist

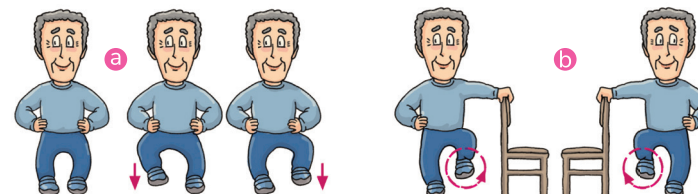
分腿站立約肩寬度，腰背挺直，雙手叉腰，膝部微曲。上身慢慢轉向左邊，然後慢慢轉向右邊。重複 4 次。
Stand erect with legs apart and slightly bent. Arms akimbo and turn your upper body slowly to the left, then slowly to the right. Repeat 4 times.



6. 腿部 Legs

a 站立，腰背挺直，雙手叉腰，兩腳分開至肩寬度，膝部微曲。雙腳原地踏步，上落 8 次。
Stand erect. Arms akimbo with legs slightly bent. Stand with your feet shoulder-width apart. March on the spot, lifting your feet 8 times.

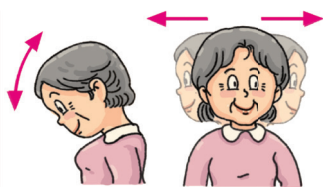
b 單手扶椅背或桌邊站立，保持腰背挺直，以單腳站穩，另一腳略為離地，腳掌先向內轉 8 次，反方向再轉 8 次，還原。以另一隻腳重複上述動作。
Put one hand on the back of a chair or a table and stand erect. Stand steadily on one leg and raise the other slightly. Turn the sole of your foot inward 8 times and outward another 8 times. Return to the starting position. Repeat with the other leg.



(ii) 伸展運動 (10 至 15 分鐘) Stretching Exercises (10 to 15 minutes)

每個動作做 2 至 4 次，每次維持 10 至 30 秒，保持正常呼吸 (不可閉氣)。
Hold 10 to 30 seconds and repeat 2 to 4 times for each movement. (Breathe as usual)

1. 頸部 Neck

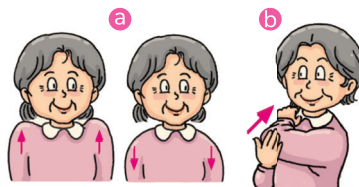


頭垂下，維持 10 至 30 秒，還原。頭轉向右，維持 10 至 30 秒，還原。頭轉向左，維持 10 至 30 秒，還原。
Lower your head and hold for 10 to 30 seconds. Return to the starting position. Turn your head to the right and hold for 10 to 30 seconds. Return to the starting position. Turn your head to the left and hold for 10 to 30 seconds. Return to the starting position.

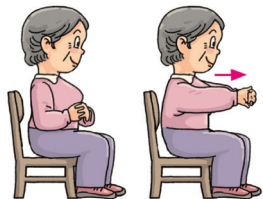
2. 肩膊 Shoulders

- a 雙肩向上聳，然後盡量向下垂低，維持 10 至 30 秒，還原。
Lift your shoulders then lower them and hold for 10 to 30 seconds. Return to the starting position.

- b 左手放在右肩上，右手托着左手肘拉向身前，維持 10 至 30 秒，還原。以右臂重複上述動作。
Rest your left hand on your right shoulder. Hold your left elbow with your right hand and pull it toward your body for 10 to 30 seconds. Return to the starting position. Repeat with your right arm.



3. 背部 Back

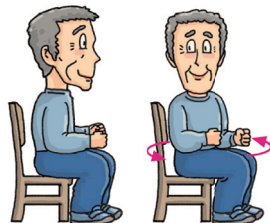


坐着，手指互扣放於胸前，掌心或掌背向外，雙手慢慢向前推出，維持 10 至 30 秒，還原。重複 2 至 4 次。
Sit down. Interlock your fingers and put them in front of your chest with palms facing out or in. Push your arms forward slowly. Hold for 10 to 30 seconds. Return to the starting position. Repeat 2 to 4 times.

4. 腰部 Waist

坐着，腰背略為離開椅背，保持腰背挺直，前臂提起平腰，上身慢慢盡量向右後方轉，維持 10 至 30 秒，還原後做另一邊。每邊重複 2 至 4 次。

Sit down with your back slightly away from the back of the chair. Keep your back straight. Lift your forearms to waist level. Turn your upper body slowly to the right and backward as far as possible. Hold for 10 to 30 seconds. Return to the starting position and repeat with the other side. Repeat 2 to 4 times for each side.



5. 腰側 Side of Waist

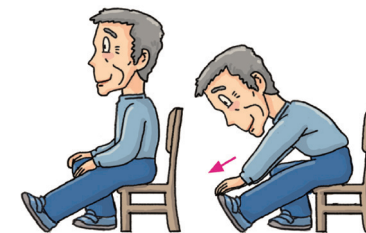
站立，兩腳分開至肩寬度，左手叉腰，右臂盡量向上伸展並向左彎腰，維持 10 至 30 秒，還原。以反方向重複上述動作，每邊重複 2 至 4 次。
Stand with your feet shoulder-width apart. Put your left hand on your waist. Raise your right arm as high as possible and bend your waist to the left. Hold for 10 to 30 seconds. Return to the starting position and repeat in the opposite direction. Repeat 2 to 4 times for each side.



6. 腿部 Legs

穩坐椅子前半部，腰背離開椅背，保持腰背挺直，右腿屈曲踏地，左腿伸直，左腳跟觸地，左腳尖向上，慢慢屈腹並伸手向左腳尖方向，維持 10 至 30 秒，還原後做另一邊，每邊重複 2 至 4 次。

Sit on the front half of a chair with your back away from the chair back. Keep your back straight. Bend your right leg with the sole touching the floor. Straighten your left leg with the heel touching the floor and toes pointing upward. Slowly bend your waist and stretch your hand toward the direction of your left toes. Hold for 10 to 30 seconds. Return to the starting position and repeat with the other side. Repeat 2 to 4 times for each side.

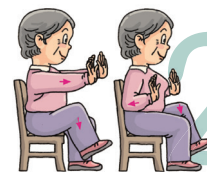


乙. 健體運動 (20 至 30 分鐘) B. Fitness Exercises (20 to 30 minutes)

(i) 長者椅上操 (需坐在穩固的椅上進行，不宜用摺椅或辦公室活動椅)

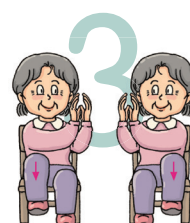
Chair Aerobics for the Elderly (To be done on a stable and sturdy chair. Folding chairs and office chairs with castors are not suitable.)

- 1 先提起右腿，然後放下；再提起左腿，然後放下，共提腿 8 次。
Lift your right leg, put it down, and then lift your left leg, put it down. Lift your legs 8 times in total.



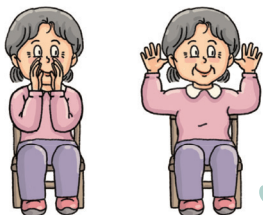
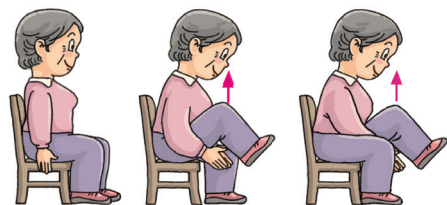
- 2 重複第 1 組動作，每次提腿時，雙手同時推向前面上方，共 8 次。
Repeat the set 1 and push your arms forward and upward at the same time when lifting your leg. Perform 8 times in total.

- 3 先提右腿，再提左腿，雙手同時輪流在左方和右方拍掌，共 8 次。
Lift your right leg and then your left leg. At the same time, clap your hands alternately on your left and right. Perform 8 times in total.



- 4 重複第①組動作，提腿稍高，雙手同時在腿下拍掌，共8次。
Repeat the set ① and lift your leg a bit higher each time. Clap your hands under your leg. Perform 8 times in total.

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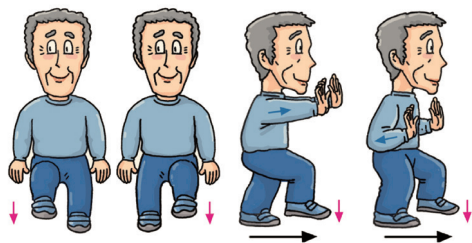
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- 5 腰背略為離開椅背，兩臂屈曲，指尖向上，手肘提高至胸前，然後手肘向兩側張開再收回，共8次。
Keep your back slightly away from the chair back. Bend your arms with fingers pointing upward. Raise your elbows up in front of your chest. Extend your elbows sideways and then bring them back in front of you again. Perform 8 times in total.

(ii) 長者健步舞 Walk Aerobics for the Elderly

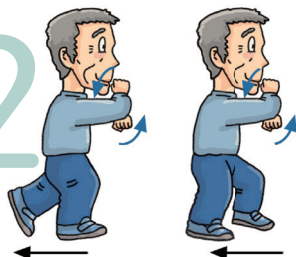
- 隨節奏輕快的音樂踏步，同時以手部動作配合不同的舞步。
March briskly to the rhythm of some lively music. Move your arms to match different dance steps.
- 踏步動作以右腳及左腳各踏一步為一次。
Lifting one leg and then the other is counted as one set of movements.

1



- ① 原地踏步4次，然後向前踏步4次，向前踏步時雙手向前推。
March on the spot 4 times, and then march forward 4 times. When marching forward, push both arms forward.

2



- ② 原地踏步4次，然後向後踏步4次，向後踏步時雙臂屈曲，並於胸前打圈。
March on the spot 4 times, and then march backward 4 times. When marching backward, bend your arms and move them in circular motion in front of your chest.

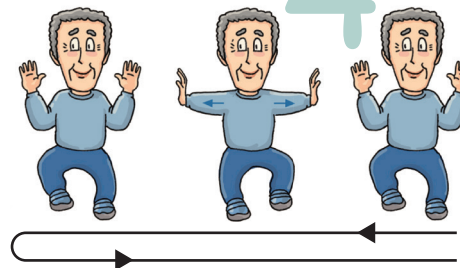


3

- ③ 先以右腳腳跟向前點地，收回；再以左腳腳跟向前點地，收回。腳跟向前點地時，雙臂平腰向上屈臂，共4次。
Tap your right heel in front of you and bring it back. Then, tap your left heel in front of you and bring it back. When tapping your heel, bend arms and raise up your fists. Perform 4 times in total.

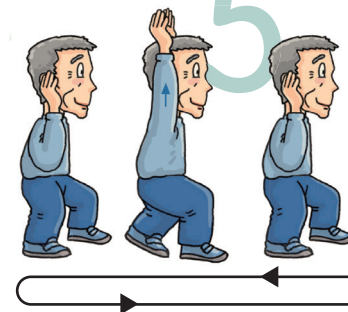
- ④ 向右踏步4次，再向左踏步4次。踏步時，雙臂先向胸前屈曲，然後向兩旁張開。
Step to the right 4 times, and then step to the left 4 times. When stepping sideways, bend your arms in front of your chest and then open them sideways.

4



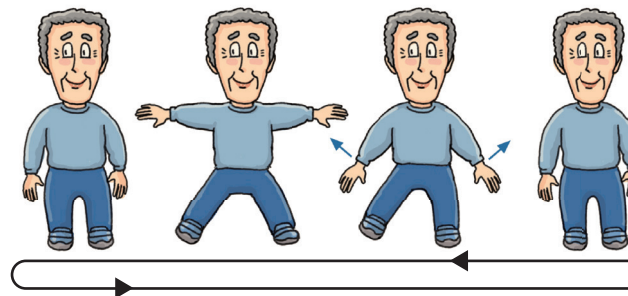
- ⑤ 向前踏步4次，然後向後踏步4次。踏步時，雙手自肩部往上推。
March forward 4 times and then backward 4 times. When marching, push your arms upward from shoulder level.

5



- ⑥ 向右踏步4次，再向左踏步4次。踏步時，雙手由垂下慢慢向兩旁張開至肩膀水平。
Step to the right 4 times, and then step to the left 4 times. When stepping sideways, raise your arms slowly from your sides up to the shoulder level.

6



(iii) 長者毛巾操 Towel Exercise for the Elderly

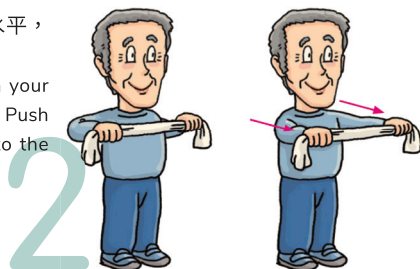
- ① 站立，右手拿着毛巾一端，手臂快速打圈，接着轉換左手，重複動作。注意要伸直手臂，每邊做 8 至 12 次。

Stand erect. Hold one end of the towel with your right hand and make fast circular movements with your right arm. Repeat with the other hand. Keep your arms straight. Perform 8 to 12 times with each arm.



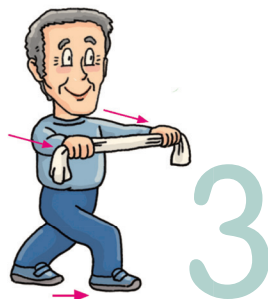
- ② 站立，雙手分別拉緊毛巾兩端，橫放於胸前水平，雙手向前推，收回。做 8 至 12 次。

Stand erect. Stretch the towel horizontally with your hands grabbing both ends in front of your chest. Push your arms forward and then draw them back to the starting position. Perform 8 to 12 times.



- ③ 站立，雙手分別拉緊毛巾兩端，橫放於胸前水平，右腳踏前成弓箭步，雙手同時向前推。還原至站立後，轉換左腳踏前做同樣動作。每邊做 8 至 12 次。

Stand erect. Stretch the towel horizontally with your hands grabbing both ends in front of your chest. Step forward with your right leg and bend at the knee. Straighten the other leg. Push your arms forward at the same time. Return to standing position. Repeat with the other leg. Perform 8 to 12 times with each leg.



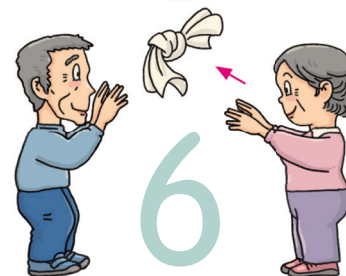
- ④ 站立，右手握毛巾垂下，向上屈臂，還原。轉換左手，重複動作。每邊做 8 至 12 次。

Stand erect. Do biceps curl with the towel in your hand. Start with your right arm first, and then repeat with your left arm. Perform 8 to 12 times with each arm.



- ⑤ 站立，雙手向前伸直，保持在上腹水平，拿着毛巾上方兩角，提起右腳至觸及毛巾下方為止。放下右腳，換左腳再做。左右腳各做 8 至 12 次。

Stand erect. Stretch your arms straight in front of your abdomen. Hold the upper corners of the towel with your hands and lift your right foot to touch the lower part of the towel. Return to starting position and repeat with your left foot. Perform 8 to 12 times with each foot.



- ⑥ 兩人面對面站立，把打了結的毛巾拋給對方，共做 8 至 12 次。練習初期的拋擲距離無需太遠。

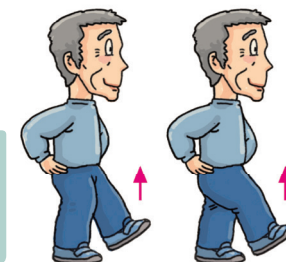
Stand face to face with your partner. Throw a knotted towel to each other. Perform 8 to 12 times. You may begin with a short throwing distance.

(iv) 長者靜態平衡鍛鍊運動 (5 至 10 分鐘)

Static Balancing Training for the Elderly (5 to 10 minutes)

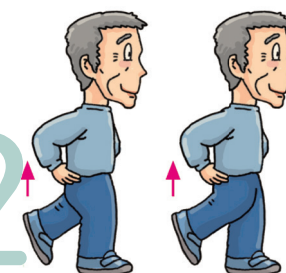
- ① 站立，腰背挺直，雙手叉腰。以右腳單腳站穩，左腳向前伸直，微微提起至離地約 2 吋，維持 5 至 10 秒，再慢慢放下，回復雙腳站立。以另一隻腳開始重複動作。每邊做 2 至 3 次。

Stand erect with your arms akimbo. Stand firm on your right leg. Stretch your left leg forward and lift it about 2 inches from the floor. Hold for 5 to 10 seconds before returning slowly to the starting position. Repeat the exercise with the other leg. Perform 2 to 3 times with each leg.

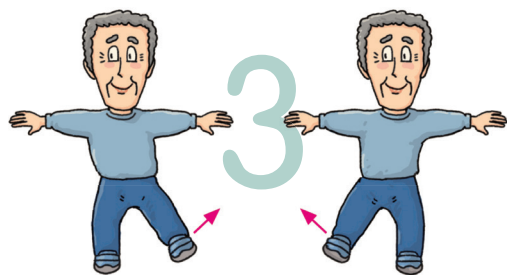


- ② 站立，腰背挺直，雙手叉腰。以右腳單腳站穩，左腳向後伸直，微微提起至離地約 2 吋，維持 5 至 10 秒，再慢慢放下，回復雙腳站立。以另一隻腳開始重複動作。每邊做 2 至 3 次。

Stand erect with your arms akimbo. Stand firm on your right leg. Stretch your left leg backward and lift it about 2 inches from the floor. Hold for 5 to 10 seconds before returning slowly to the starting position. Repeat the exercise with the other leg. Perform 2 to 3 times with each leg.



- ③ 站立，腰背挺直。雙臂向外平伸至肩膊水平，同時以右腳單腳站穩，左腳向左邊微微提起至離地約 2 吋，維持 5 至 10 秒。手腳慢慢放下，回復雙腳站立。雙臂重複動作，以左腳單腳站穩，提起右腳再做。每邊做 2 至 3 次。



Stand erect. Raise your arms sideways up to shoulder level. Stand firm on your right leg and lift your left leg to the left about 2 inches from the floor. Hold for 5 to 10 seconds before returning slowly to the starting position. Repeat the exercise with the same arm movements and start with your left leg standing. Perform 2 to 3 times with each leg.

(v) 長者肌肉鍛鍊運動 (5 至 10 分鐘)

Muscle Strengthening Exercises for the Elderly (5 to 10 minutes)

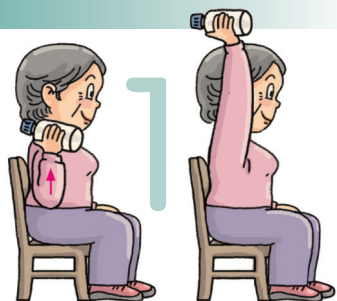
以下動作每做 10 次為一組，建議每次練習做 2 至 3 組。

10 repetitions are counted as one set and 2 to 3 sets are recommended for each practice.

1. 舉水樽 Lifting a Water Bottle

坐在椅上，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 次。

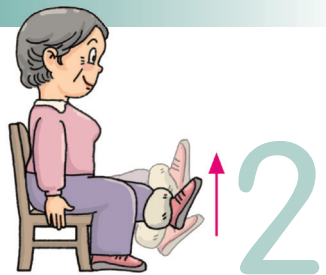
Sit on a chair. Hold a plastic bottle containing about 500 ml of water with your right hand. Raise your right arm and keep it straight. Return slowly to the starting position. Perform 10 times with each arm.



2. 舉沙包 Lifting a Sandbag

坐在椅上，在腳近足踝位置綁上半磅至兩磅重的沙包，然後慢慢提起，盡量向前伸直，腳掌略向上屈，再慢慢放下。左右腳各做 10 次。

Sit on a chair and tie an ankle sandbag (½ to 2 lbs in weight) to your leg. Slowly raise your leg and stretch it forward as far as possible with your foot slightly bending upward. Return slowly to the starting position. Perform 10 times with each leg.



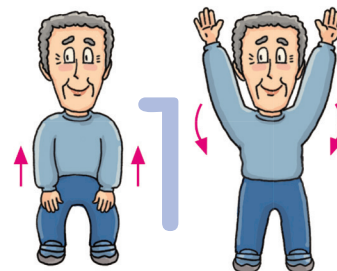
丙 緩和運動 C. Cool-down Exercises

(i) 長者呼吸練習 (2 至 3 分鐘) Breathing Exercise for the Elderly (2 to 3 minutes)

1. 開闊胸懷 Chest Expansion Exercise

站立，兩腳分開至肩寬度，膝微曲，腰背挺直，雙手垂下。雙手慢慢由兩側向上提，同時吸氣。當雙手高舉至頭頂時，兩腿同時伸直。接着，慢慢放下雙手，同時呼氣，還原至膝微曲。做 4 至 6 次。

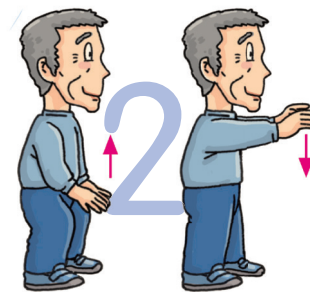
Stand erect with your feet shoulder-width apart. Bend your knees slightly with arms hanging down. Raise your arms sideways slowly and inhale. Straighten your knees when your hands are over your head. Then, put down your arms slowly and exhale. Return to the knees-bent position. Perform 4 to 6 times.



2. 按掌平氣 Palms down and Breathe out

站立，兩腳分開至肩寬度，膝微曲，腰背挺直，雙手垂放於身前。雙手手掌向下，慢慢向前提起，同時吸氣。當雙手提至肩膊高度時，兩腿同時伸直。接着，慢慢放下雙手，同時呼氣，還原至膝微曲。練習 4 至 6 次。

Stand erect with your feet shoulder-width apart. Bend your knees slightly with arms hanging down in front of you. Raise your arms slowly in front of your chest with palms facing downward and inhale. Straighten your knees when your arms reach the shoulder level. Then, put down your arms slowly and exhale. Return to the knees-bent position. Perform 4 to 6 times.



(ii) 伸展運動 (5 至 10 分鐘) Stretching Exercises (5 to 10 minutes)

重複甲部 (ii) 的伸展動作

Repeat the Stretching Exercises covered in Part A (ii).

