

11:00 料理家務 Doing Housework

輕輕鬆鬆做家務，保持活力，避免勞損。建議播放音樂，配合節拍做家務(例如掃地、晾衣服及抹窗)。
注意：拿起重物或拖地時要保持腰背挺直，每次提舉重物時，也要收緊盆底肌。

Do household chores in a relaxed way. Stay energetic and avoid strain injuries. You may play some music and follow the beat when doing housework (e.g. floor sweeping, hanging out the washing and window cleaning).

Note: Keep your back straight when lifting heavy objects or sweeping the floor and brace up the pelvic floor muscles when lifting heavy objects.



下午 1:00 午飯時間 Lunch Time
Afternoon 2:30 小休 Taking a Break

簡易運動 Simple Exercises
午飯後可以進行一些簡易運動，每天做30分鐘。肌肉鍛鍊運動可隔天做，事前應做適量伸展運動。
作用：強化肌肉，預防骨質疏鬆和跌倒，亦有修身健體功效。

You may do 30 minutes simple exercises after lunch every day. Do muscle strengthening exercise on alternate days. Appropriate stretching exercises should be done beforehand. Purpose: Strengthen your muscles, prevent osteoporosis and falls, and to help you stay fit and healthy.

I. 踏級運動 Stepping Exercise
可用約5至6吋高的穩固凳子作為踏級，按個人狀況調整速度及加長時間，做大約15至20分鐘踏級運動
You may use a stable stool measuring about 5-6 inches in height as the step. Do stepping exercise for 15 to 20 minutes. To adjust the intensity and duration of exercise within your capability.



II. 肌肉鍛鍊運動 Muscle Strengthening Exercise

1 上肢 Upper Limbs
雙手各持1至3磅重的啞鈴(按個人身體狀況而定)，垂直放於身旁，左手慢慢提起啞鈴至肩膀水平位置，還原後換手再做。

Hold a dumbbell of 1 to 3 pounds (depending on your physical condition) with each of your hands and place your hands at the sides of your body. Raise left arm forward to the shoulder level. Return and repeat on the other side.

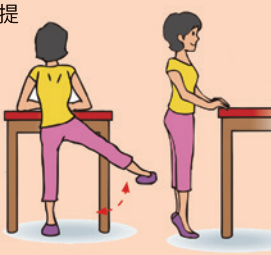
2:30 小休 Taking a Break

2 下肢 Lower Limbs
A 站在枱或櫃後，分腿至肩寬度，手按着枱或櫃，膝微曲，重心稍向後移，但膝蓋不過腳尖，還原後重複動作。
Stand behind a table or cupboard with your feet shoulder width apart. Hold the table or cupboard with your hands and bend your knees slightly. Shift your body weight backward without letting your knees extend beyond your toes. Return to the starting position and repeat.

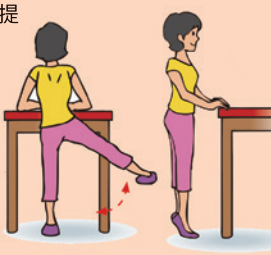


以下兩組動作可改善身體平衡和姿勢：
The following two sets of movements can help you improve your body balance and posture:

B 雙手按着枱或櫃，單腳向側提腿，還原後換腿重複動作。
Put both hands on a table or cupboard. Raise one leg to the side. Return to the starting position. Repeat with the other leg.



C 雙手按着枱或櫃，雙腳或單腳腳掌着地，提起腳跟，還原後雙腿或另一腿重複動作。
Put both hands on a table or cupboard. Keep the front sole(s) of your leg(s) on the floor and raise your heel(s). Return to the starting position. Repeat with both legs or the other leg.



以下兩組動作可預防腰痛：
The following two sets of movements can help you prevent low back pain:

3 背肌 Back
曲膝仰臥，提高臀部離地，還原後雙腿向左右擺，維持10至30秒，重複2至4次。
Lie on the back with knees bent. Lift your hips until it is away from the floor. Return to the starting position and repeat the movements.



4 腰背伸展運動 Lower Back Stretching Exercise
曲膝仰臥，雙腿向右擺，維持10至30秒，還原後雙腿向左擺，維持10至30秒。重複2至4次。
Lie on the back with knee bent. Swing both legs to the right and hold the posture for 10 to 30 seconds. Return to the starting position. Then swing both legs to the left and hold the posture for 10 to 30 seconds. Repeat 2 to 4 times.

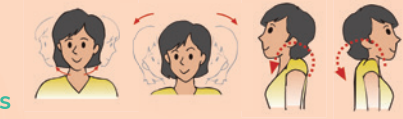


III. 核心肌肉運動 Core Stabilization Exercise
收腹提腿
首先仰臥收腹，提起一隻腳大約至45度，維持10秒，將腳慢慢放下。然後轉腳重複動作，其間保持正常呼吸，重複10次。
Tighten Abdomen and Raise Leg
Start with lying on your back and tightening your abdomen. Raise one leg to about 45 degrees and hold for 10 seconds. Then lower the leg slowly and repeat on the other leg. Maintain normal breathing throughout the exercise. Repeat 10 times.



4:00 照顧孩子 Taking Care of Children

肩頸運動 Exercises for Neck and Shoulders
I. 頸部伸展運動 Neck Stretching Exercises
II. 肩膀活絡運動 Shoulder Mobility Exercises



6:00 準備晚餐 Preparation of Dinner

盆底肌運動 Pelvic Floor Muscle Exercise

晚上 Evening
暖水浴時可深呼吸3至5次。
作用：舒緩疲勞和壓力，有助改善睡眠質素。
Take 3 to 5 deep breaths when you are having a warm bath/shower. Purpose: Reduce fatigue and relieve stress and help you improve sleep quality.



可按個人需要隨時隨地做以上運動。The above exercises can be done anytime and anywhere according to personal needs.

除了以上介紹的運動外，我們亦設計了一套簡易健康舞，讓你可以在家中自行練習，詳情請掃描以下二維碼瀏覽。In addition to the above-mentioned physical activities, Easy Aerobic Dance is also designed to facilitate self-practice at home. Please scan the QR code below for more information.



體能活動與能量消耗 PHYSICAL ACTIVITIES AND ENERGY EXPENDITURE

一名體重約60公斤的婦女進行以下體能活動30分鐘，所消耗的熱量如下：
For a woman weighing approximately 60 kg, the energy expended by doing the below listed physical activities for 30 minutes are as follows:

體能活動 Physical Activity	消耗熱量(千卡) Energy Expended (kcal)	體能活動 Physical Activity	消耗熱量(千卡) Energy Expended (kcal)
靜坐 Sitting	39	伸展運動 Stretching	60
彈琴 Playing Piano	69	掃地 Floor Sweeping	99
社交舞 Social Dance	90	園藝 Gardening	114
步行 Walking	105	乒乓球 Table-Tennis	120
行樓梯 Stair Climbing	120	排球 Volleyball	120
急步行 Speed Walking	129	健體舞 Aerobic Dance	150
高爾夫球 Golf	144	羽毛球 Badminton	165
行山 Hiking	159	網球 Tennis	219
游泳 Swimming	174	跑步(8公里/小時) Running (8km/hr)	249
踏單車 Cycling	225	跳繩 Rope Skipping	264

(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 as well as the physical fitness, skill level, gender, age and body weight of an individual.)

親子活動 PARENT-CHILD ACTIVITIES

家長與子女一同遊戲、一同運動，不但可增進彼此的感情及培養孩子對運動的興趣，更可通過做運動改善體質。因此，父母應爭取機會，以輕鬆的心情與孩子一起做運動。以下運動適合與3歲或以上的孩子一同進行：
Parents should play games and do exercise with their children. This will not only help enhance their relationship and foster children's interest in sports, but also help improve their physical fitness through doing exercise. Hence, parents should look for opportunities to do exercises with their children in a relaxed manner. The following exercises are suitable for doing with children aged 3 or above:

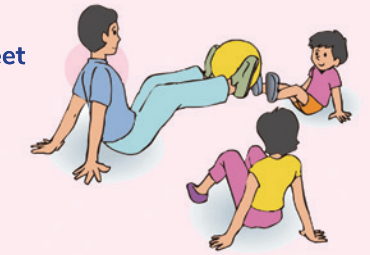
1 雙腳傳球 Passing a Ball with Your Feet

用具 Material
軟坐墊及球1個
Sitting pads and a ball

方法 Methods

- 用雙手支撐身體保持平衡，只用雙腳持球和傳球，球或腳觸地為負方。
- 變化：排成直線(前後傳球)、平排(左右傳球)或圍圈而坐。
- Balance your body with both hands. Hold and pass the ball with your feet only. The one who drops the ball or whose foot/feet hit(s) the floor will be the loser.
- Variation: Sit in a straight line (pass the ball from front to back or vice versa), or sit side by side (pass the ball from left to right or vice versa) or sit in a circle.

備註 Remarks:
按孩子的能力選擇傳遞的物件(例如毛巾、氣球或籃球)。
Select an object (e.g. towel, balloon or basketball) for passing according to the ability of the child.



2 打棒球 Baseball Batting

用具 Material
紙球棒(用4-5張報紙捲成)
紙球數個(用報紙捏成球狀，再以膠紙固定形狀)
Paper bat (made up of 4 to 5 sheets of rolled-up newspaper)
Paper balls (squeeze newspaper into a ball and fix its shape with adhesive tape)

方法 Methods

- 輪流當投手或擊球手。
- 變化：轉換左/右手投/擊球。
- Take turns to play the pitcher and batter.
- Variation: Pitch/bat with alternate hands.

備註 Remarks:
按孩子的身高和臂長製作合適長度的球棒。
The length of the bat should be adjusted according to the height and arm length of the child.



3 踢毽子 Shuttlecock Kicking

用具 Material
毽子1隻
A shuttlecock

方法 Methods

- 接連踢起毽子，避免掉在地上。
- 變化：可雙人對踢、圍圈踢或左右換腳踢等。
- Keep on kicking the shuttlecock and prevent it from hitting the ground.
- Variation: Play in pairs, in a circle or kick with alternate feet.

備註 Remarks:
初學者或年紀太小的孩子可用手拍起毽子；注意安全，避免在狹窄的空間進行。
Beginners or very young children may hit the shuttlecock with their hands. For safety's sake, avoid playing in a cramped space.



注意事項

- 家長可視乎孩子的興趣和能力更改運動的形式及難度，甚至可加入競賽成分，增加活動趣味。
- 進行動態親子活動前，家長應帶領孩子做充足的熱身準備，以防受傷。

Points to Note

- Parents can adjust the mode and level of exercises according to children's interest and ability, or even add some competition elements to the exercises in order to make it more interesting.
- Parents should lead their children to do sufficient warm-up exercises before starting the parent-child activities to prevent injuries.

其他選擇
除了以上建議的親子活動外，家長也可因應自己的體能狀況，與孩子一起參與以下活動：
• 健步行、跑步、游泳、健體運動及各類陸上或水上活動
• 球類活動
• 戶外活動，例如踏單車、放風箏，以及漫步郊遊徑、自然活動教育徑或遠足徑
你亦可考慮在家中做健美操、健體球操和橡筋帶健身操等運動；或到公園進行前述的伸展及肌肉鍛鍊運動；更可考慮約同朋友一起參與康體活動，如健體舞、社交舞、水中健體、太極、羽毛球、網球和阻力訓練，令生活更添姿彩。

Other Options
Apart from the parent-child activities suggested above, parents may, depending on their fitness conditions, take part in the following activities with their children:
• Fitness walking, running, swimming, fitness exercise and various kinds of land-based or aquatic activities
• Ball games
• Outdoor activities such as cycling, kite flying, and strolling along country trails, nature trails or hiking trails
You may also consider doing aerobics, fit ball and elastic band exercises at home; or doing the aforesaid stretching and muscle strengthening exercises in the park; or even participating in recreation and sports activities such as aerobic dance, social dance, hydro-fitness, tai-chi, badminton, tennis and resistance training together with your friends in order to enrich your life.

備註 Remarks:
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。
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。
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/tc/healthy.
For more information on health, please call the Health Education Infoline of the Department of Health at 2833 0111 or visit the Centre for Health Protection Website at www.chp.gov.hk

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Hong Kong Physiotherapy Association (Women's Health Specialty Group)



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

婦女健體指南

A Guide to Fitness Exercise for Women

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

衛生署
Department of Health

2023 年版 Edition

引言 Foreword

現代女性無論在家庭還是社會均佔重要位置，每天亦要對各方面的壓力。要應付自如，必須擁有強健體魄。

The important roles of modern women in family and society have put them under all kinds of pressure. To fulfil their roles, they must be physically strong and healthy.

女性的健康問題 Women's Health Concerns

- 在2019年，香港共有2 687名婦女死於心臟病。
- 癌症是香港婦女的頭號殺手。在2019年，共有6 226名婦女死於癌症；而首三類致命癌症分別是肺癌(22.2%)、大腸癌(14.6%)和乳癌(13.7%)。
- 約半數婦女可能在更年期後患上骨質疏鬆症，以致輕微的碰撞或摔倒已可能造成骨折。
- 調查發現，介乎16至75歲的女性的抑鬱症患病率為3.5%，高於男性的2.2%。婦女在分娩後兩個月的產後抑鬱症患病率更高達15.7%，不但可能影響產婦的身心健康，更會為嬰兒和家庭帶來不少困擾。
- 工作或做家務的姿勢不正確，容易導致肌肉疲勞、腰酸背痛、頸梗膊痛等情況，久而久之，更會引致肌肉和筋骨受損，影響日常生活。
- 本地的調查亦發現，每三名婦女便有一名受壓力性尿失禁困擾。
- 根據「全港社區體質調查」的結果，受訪者有超過40%的中年婦女(40至59歲)屬於過重或肥胖，比年輕婦女(20至39歲)比率(約30%)多出約10%。如根據腰圍分類方法(女性腰圍超過80厘米便被界定為中央肥胖)，中年婦女面對肥胖問題的比率更高出年輕婦女約2倍。肥胖可引致不少問題，包括癌症、糖尿病、高血壓、心血管病等多種慢性疾病。

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」。研究報告摘要。
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。

- In 2019, 2 687 women died of heart diseases in Hong Kong.
- Cancer is the top killer among Hong Kong women. In 2019, 6 226 women died of cancer in Hong Kong, with the top three causes being lung cancer (22.2%), colorectal cancer (14.6%) and breast cancer (13.7%).
- About 50% of women may develop osteoporosis after menopause. Even a minor knock or fall may result in bone fracture.
- A survey revealed that the prevalence of depression for women aged between 16 and 75 (3.5%) which is higher than that of men (2.2%). The prevalence postnatal depression among women at two months after delivery is as high as 15.7%. It not only affects the physical and mental health of the mothers, but also causes distress to both the babies and families.
- Improper posture at work or for doing housework can easily lead to muscle fatigue and cause pain in the waist, back, neck and shoulders. In the long run, they may even cause strains to muscles and bones which affect women's daily life.
- A local survey also revealed that one out of three women was stricken with stress urinary incontinence.
- 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.

Reference

Territory-wide Physical Fitness Survey for the Community. Final summary report. Hong Kong SAR: Leisure and Cultural Services Department; 2021.
WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020.

我們不應讓這些情況持續下去！We should not let these problems persist!

只要建立健康的生活模式，以上種種健康問題也可望得以紓緩。健康的生活模式包括定期進行運動、均衡飲食、作息定時和戒除不良嗜好(例如吸煙和酗酒)。

Living a healthy lifestyle can help us alleviate the above health problems. A healthy lifestyle includes doing regular exercise, a balanced diet, a balanced work and rest pattern, as well as getting rid of unhealthy habits (e.g. smoking and heavy drinking).

運動的益處 Benefits of Exercise

研究顯示並非一定要做劇烈運動，因中等強度(令人輕微流汗、心跳和呼吸稍為加快)的運動已足夠促進健康。你可因應身體狀況做自己喜愛的運動，最理想是把運動融入生活中。兒童及青少年每天應該進行最少60分鐘中等至劇烈強度以帶氧運動為主的體能活動，而成年人則每星期進行最少150-300分鐘中等強度的帶氧運動；或最少75-150分鐘劇烈強度的帶氧運動，持之以恆，有以下益處：

Studies show that it is not necessary for exercise to be strenuous as exercises of moderate intensity (which cause mild sweating and slightly higher breathing and heart rates) are enough to bring benefits to our health. 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. Children and youngsters are recommended to do at least 60 minutes of moderate-to-vigorous-intensity physical activity, mostly aerobic, daily while adults are recommended to do at least 150-300 minutes of moderate-to-vigorous aerobic physical activity, or at least 75-150 minutes of vigorous-intensity aerobic physical activity throughout the week. Getting into the habit of doing regular exercise has the following health benefits.

- 減低患上心血管病、高血壓、中風和糖尿病的風險，並有助預防部分癌症(例如大腸癌)
Reducing the risk of developing cardiovascular disease, hypertension, stroke and diabetes mellitus as well as preventing some types of cancer (e.g. colorectal cancer)
- 增強心肺功能，促進血液循環
Improving your cardiopulmonary functions and blood circulation
- 消耗熱量，保持理想體重
Burning calories to help you maintain a healthy body weight
- 強化肌肉，並有助減低骨質疏鬆的風險
Strengthening your muscles and reducing the risk of osteoporosis
- 增加關節靈活性和柔軟度，減低受傷和跌倒的風險
Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls
- 舒緩壓力，增強自信，促進心理健康
Relieving stress, boosting confidence and improving mental health
- 帶領孩子做運動，既可樹立健康榜樣，又可增進感情
Acting as a good role model for your children by guiding them to do exercise, which in turn helps strengthen family relationship

運動前後必須做充足的熱身和緩和運動，以防受傷。運動期間如感到不適，應馬上停止，並請教專業醫護人員。長期病患者和沒有運動習慣的人士，應在定下運動計劃前徵詢醫生的意見，以策安全。

It is necessary to do sufficient warm-up and cool-down exercises before and after exercises in order to prevent injuries. If feeling unwell during exercise, stop immediately and consult medical professionals. Chronic patients and those who do not have the habit of doing exercises should consult their doctors first to work out a safe exercise programme.

活力女性每一天

A DAY FOR AN ACTIVE WOMAN

(供家庭主婦參考) (as a reference for housewives)

運動指引 Exercise Guide

伸展運動：每個動作維持10至30秒及重複2至4次。
Stretching Exercises: Hold 10 to 30 seconds and repeat 2 to 4 times for each movement.

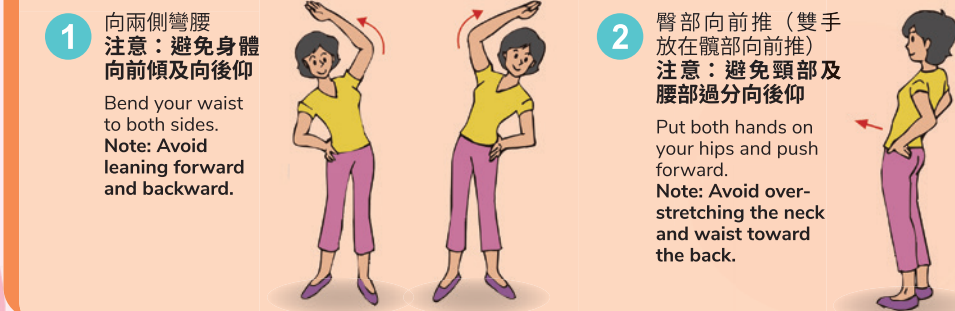
活絡運動：每個動作必須緩慢進行。
Mobility Exercises: Practise each movement slowly.

肌肉鍛鍊運動：每個動作重複8至12次。
Muscle Strengthening Exercises: Repeat each movement 8 to 12 times

早上 Morning 7:00 起床 Getting Up

腰部伸展運動 Waist Stretching Exercises

作用：增加肌肉的柔軟性，以應付辛勞的一天。
Purpose: To improve muscle flexibility and get prepared for a day of hard work.



7:15 準備早餐 Preparation of Breakfast

盆底肌運動 Pelvic Floor Muscle Exercise

作用：強化盆底肌肉，預防子宮下垂和小便失禁。(在徵詢醫護人員的意見後，可進一步提升盆底肌運動的方法。例如每次收緊10秒，放鬆，然後重複10至15次。)

Purpose: Strengthen pelvic floor muscles and prevent uterine prolapse and incontinence.

(After consulting medical professional, the exercise can be further progressed. For example, holding it for 10 seconds, then relax and repeat for 10 to 15 times).

收緊及提起盆底肌肉，像忍小便的動作。每次收緊3至5秒，放鬆，然後重複5次。

Tighten and brace up the pelvic floor muscles (imagine you are stopping the flow of urine); holding it for 3-5 seconds; then relax and repeat for 5 times.

8:30 到市場購物 Going to Market

可善用時間做運動，例如早一個車站下車，便可步行約15分鐘前往目的地。
注意：如所購物品太重，應使用手拉車。

Don't miss the chance of doing exercise. For example, you can get off the bus one stop earlier and walk about 15 minutes to your destination.
Note: If your shopping stuff is too heavy, use a trolley.

10:00 小休 Taking a Break

以下肩頸運動可預防頸梗膊痛:

The following exercises for neck and shoulders can help you prevent tight neck and shoulder pain:

I. 頸部伸展運動 Neck Stretching Exercises

1 眼望前方，頭部慢慢向右轉，還原然後慢慢向左轉。
Look forward. Turn your head slowly to the right. Return to the starting position, and turn your head slowly to the left.

2 眼望前方，頭部慢慢向右側，還原然後慢慢向左側。
Look forward. Lower your head slowly to the right. Return to the starting position, and lower your head slowly to the left.

II. 肩膊活絡運動 Shoulder Mobility Exercises

1 提起肩膊，再向下壓，然後向前轉動10次。
Lift shoulders, lower them, and then rotate them forward 10 times.

2 提起肩膊，再向下壓，然後向後轉動10次。
Lift shoulders, lower them, and then rotate them backward 10 times.

III. 胸背和上肢伸展運動 Chest, Back and Upper Limbs Stretching Exercises

1 十指緊扣放在頭後，手肘向外推，直至手肘與兩肩成一直線。

Interlock your fingers and put them behind your head with elbows pushing outward. Keep on pushing until your elbows and shoulders are in a line.

10:00 小休 Taking a Break

2 右手放在頭後，左手托着右手肘向左拉，還原後換手重複動作。

Put your right hand behind your head. Hold your right elbow with your left hand and pull it to the left. Return to the starting position. Repeat with the other hand.

3 右手放在左肩上，左手托着右手肘拉向身前，還原後換手重複動作。

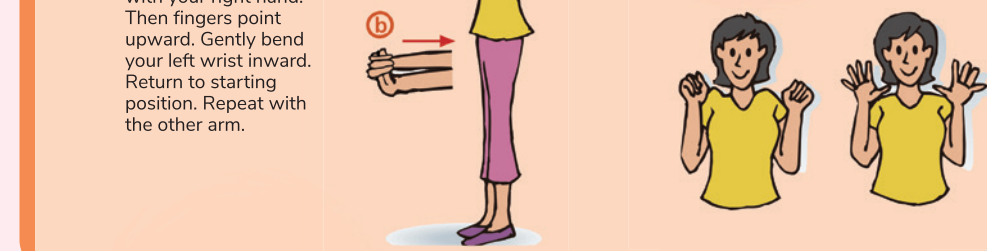
Rest your right hand on your left shoulder. Hold your right elbow with your left hand and pull it toward your body. Return to the starting position. Repeat with the other hand.



6 左手向前伸直，手指向下，右手把左手腕輕輕向後扳。然後手指向上，右手把左手腕輕輕向後扳，還原後換手重複動作。

Raise your left arm to the horizontal level with fingers pointing downward. Gently bend your left wrist inward with your right hand. Then fingers point upward. Gently bend your left wrist inward. Return to starting position. Repeat with the other arm.

7 雙手握拳，然後放鬆，手指盡量張開和伸直。
Clench your fists and release. Spread your fingers as straight and wide as possible.



10:00 小休 Taking a Break

IV. 下肢伸展運動 Lower Limbs Stretching Exercises

1 右手按着枱或櫃，左手把右腳從後向上拉，還原後換手和腳重複動作。
Put your right hand on a table or cupboard. Lift your right leg behind you with your left hand. Return to the starting position. Repeat with the other hand and leg.

2 雙手按着枱或櫃，左腿踏前，膝微曲，右腿伸直，腳跟着地，趾尖向前，上身稍向前傾，還原後換腿重複動作。
Put both hands on a table or cupboard. Step forward with your left leg. Keep your left leg slightly bent and your right leg straight. Heels on the floor and toes pointing forward. Lean forward slightly. Return to the starting position. Repeat with the other leg.

V. 臀部伸展運動 Hips Stretching Exercises

1 坐在地上或牀上，雙腿屈曲，腳板相貼，腰背挺直，上身稍向前傾。
注意：大腿內側會有拉緊感覺。
Note: You will feel a stretch in the muscles of your inner thighs.

2 右腿屈曲並放在左腿外側，右手放在身後，向右扭腰，還原後換手和腿重複動作。
Bend your right leg and put it on the outer side of your left leg. Put your right hand behind your body and turn your waist to the right. Return to the starting position. Repeat on the other side.

