

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



「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", "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.

