

## 運動與健康 Exercise and Health

根據「全港社區體質調查」結果，結果顯示各年齡層大部分體質參數較十年前同類測試的結果有所改進，反映市民對健康日益關注；但結果亦指出超過半數的市民日常體能活動未達世界衛生組織（世衛）的指標。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）和抑鬱症等。任何人不論年齡、性別或身體狀況，常做適量運動，定可改善健康。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）的運動已可促進健康。

**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、做家務、或早一點起床、午膳後或晚飯前的時間做運動。能強身健體之餘，也有助提高工作效率，令生活更添姿采。

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 findings of the Territory-wide Physical Fitness Survey for the Community. The overall findings of the survey revealed that although most of the physical fitness parameters have improved across different age groups compared to the findings of a similar survey a decade ago, reflecting the growing health awareness of the public. The findings also indicated, however, that more than half of the public did not meet the daily physical activity level as recommended by the World Health Organization (WHO). Physical activity can lower the risk of non-communicable diseases, including diabetes, hypertension, cardiovascular diseases, stroke, certain types of cancer (e.g. colorectal cancer) and depression. A moderate amount of regular exercise can help improve health and wellbeing, regardless of one's age, gender and physical condition. It is not necessary to do the most strenuous exercise as moderate intensity exercises that cause mild sweating and slightly speed up one's breathing and heart rate are enough to bring health benefits.

**To lead a health 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.

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, e.g. 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, e.g. going on excursions and hiking
- Exercise on a regular basis, e.g. 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

