

## 運動的益處 Benefits of Exercise

因應身體狀況，每日累積30分鐘運動(每節不少於10分鐘)，持之以恆，會有以下益處：

- 增強抵抗力，減少疾病，提升工作效率
- 增強心肺功能，促進血液循環
- 消耗熱量，減少體內脂肪積聚，保持理想體重
- 強化肌肉，減低患上骨質疏鬆症的風險
- 增加關節靈活性和柔軟度，減低受傷和跌倒的風險
- 減少患上心血管病、高血壓、中風和糖尿病的風險，並有助預防某些癌症（例如大腸癌）
- 鬆弛神經，舒緩壓力，增強自信，促進心理健康
- 擴闊社交圈子

Doing exercise for an accumulation of 30 minutes (in sessions of at least 10 minutes each) every day, depending on your physical condition, will bring you the following benefits:

- Building-up body immunity, reducing the chance of getting sick and enhancing work efficiency
- Improving cardiopulmonary functions and blood circulation
- Burning calories, reducing the accumulation of body fat and maintaining a healthy body weight
- Strengthening muscles and reducing the risk of osteoporosis
- Enhancing the mobility and flexibility of joints to lower the risk of injuries and falls
- Reducing the risk of developing cardiovascular disease, hypertension, stroke and diabetes, and helping to prevent some types of cancer (e.g. colorectal cancer)
- Soothing anxiety, relieving stress, boosting confidence and enhancing mental health
- Broadening social circle

## 注意事項 Points to Note

運動時須注意以下事項：

- 選擇適合的地方進行運動
- 選擇适合自己體能的運動，量力而為
- 穿著合適的運動衣服及運動鞋
- 運動前後做足熱身及緩和運動
- 由簡單的運動開始，循序漸進
- 運動前不宜空腹或吃得太飽
- 補充足夠水分
- 保持呼吸暢順，運動時不要閉氣
- 運動時如感到不適，可放緩動作或稍作休息；如情況沒有改善，應立即向醫生或其他醫療專業人士求助

You should take heed of the following when doing exercise:

- Choose an appropriate place for doing exercise
- Choose the right exercise that suits your physical ability and strength
- Wear appropriate sportswear and sports shoes
- Do sufficient warm-up and cool-down exercise before and after exercise
- Proceed progressively and start with simple exercise
- Do not exercise on an empty stomach or when you are too full
- Drink enough water
- Keep your breathing smooth, do not hold your breath during exercise
- If feeling unwell during exercise, slow down or take a break. If the condition does not improve, consult a doctor or other medical professionals immediately.