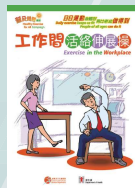


有關「普及健體運動」的其他詳細資料，請參閱相關的二維碼：

For details about the "Healthy Exercise for All Campaign", please refer to the relevant QR codes :

工作間活絡伸展操 Exercise in the Workplace



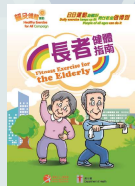
投入動感生活，擁抱健康人生！ Get active and enjoy a healthy life!



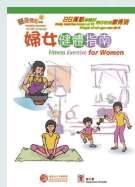
兒童體重管理知多少 Body Weight Management of Children



長者健體指南 Fitness Exercise for the Elderly



婦女健體指南 Fitness Exercise for Women



普及健體操 Fitness Exercise for Persons with Disabilities



跳繩樂 Rope Skipping for Fun



跳舞強身 Dance for Health



優質健行 QualiWalk



更多資訊 More Information

如欲查詢有關「普及健體運動」的資料，請致電康文署二十四小時客務熱線：2414 5555或瀏覽本署網頁：www.lcsd.gov.hk/tc/healthy。

如欲知道更多健康資訊，請致電衛生署二十四小時健康教育熱線：2833 0111，或瀏覽衛生署中央健康教育組網頁：www.chp.gov.hk。

For details about the Healthy Exercise for All Campaign, please call the LCSD 24-hour Customer Hotline at 2414 5555 or visit the website of the department at www.lcsd.gov.hk/en/healthy.

For more information on health, please call the 24-hour Health Education Hotline of the Department of Health at 2833 0111, or visit the website of the Central Health Education Unit of the department at www.chp.gov.hk.



健康跑步指南 Running for Health

