



## 千里之行，始於足下！ A journey of a thousand miles begins with a single step!

進行運動時，如過份用力、姿勢錯誤，速度太快或過量活動，有機會導致肌肉拉傷，嚴重可引致骨折，脫臼或摔倒，請遵從物理治療師的指示進行運動。

There is a risk of muscle sprain / fracture/ dislocation/ fall if movement is too vigorous or improper position. Please follow the instructions of physiotherapist.

如有任何疑問，請向負責治療師查詢。

Please consult your physiotherapist if there is any enquiry.

鳴謝：新界西醫院聯網 病人啟力基金

Supported by Patient Empowerment Programme,  
New Territories West Cluster

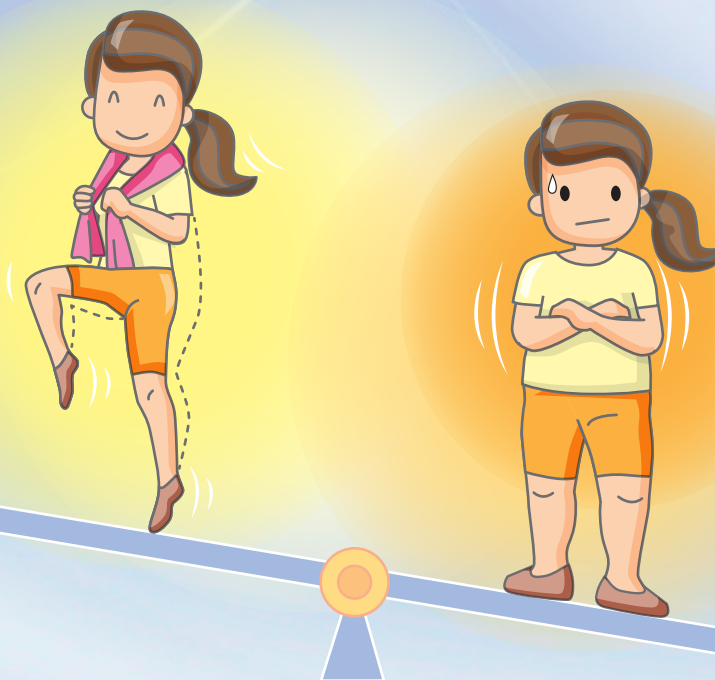
2020年1月版  
January 2020 Edition



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# 運動有方 體重可降

## Exercise for Your Weight Management



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## 認識肥胖 Introduction to Obesity

### 普遍性 Prevalence

根據2016年的統計，全球多於 39%成年人超重，有13%人士屬於肥胖。

In 2016, 39% of adults were overweight, 13% of them were obese world-widely

### 健康風險 Health Risk

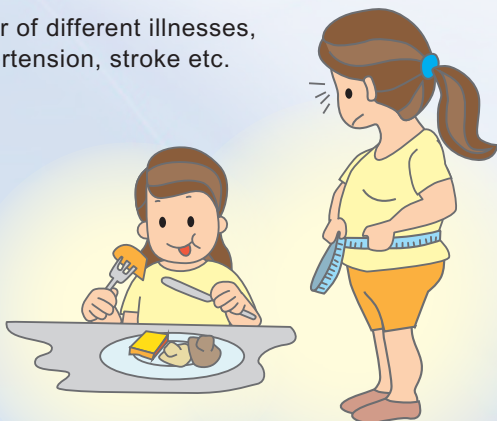
肥胖與多項疾病相關：如二型糖尿病、脂肪肝、高血壓、中風等等。

Obesity is directly linked to a number of different illnesses, e.g. type 2 diabetes, fatty liver, hypertension, stroke etc.

### 成因 Causes

過度飲食、缺乏運動、遺傳因素、疾病及藥物影響等等

Overeating, lack of physical activity, genetic factor, diseases and drug influence etc



### 中央肥胖的腰圍指標

#### Waist Circumference Thresholds for Abdominal Obesity

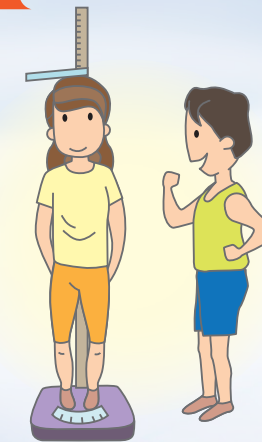
人種 Population	男人 Men	女人 Women
亞洲人 Asian	≥ 90 cm (35 inches)	≥ 80 cm (31 inches)
西方人 (高加索人) Caucasian	≥ 94 cm (37 inches)	≥ 80 cm (31 inches)

## 體重指標 Body Mass Index(BMI)

一種常用的指標以辨別成年人肥胖與否

A commonly used index to classify overweight and obesity in adults

$$\text{BMI} = \frac{\text{體重 Weight (kg)}}{\text{身高 Height (m)}^2}$$



### BMI分類 BMI Classification

	亞洲人 Asian	西方人 Westerner
過輕 Underweight	<18.5	<18.5
正常 Normal weight	18.5-22.9	18.5-24.9
超重 Overweight	23-24.9	25-29.9
一級肥胖 Obese class I	25-29.9	30-34.9
二級肥胖 Obese class II	>30	35-39.9
三級肥胖 Obese class III	/	≥ 40

### 研究顯示：

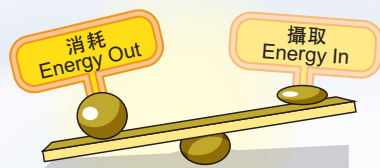
5-10% 的體重下降能減低肥胖相關的健康問題的風險。

### Studies have shown:

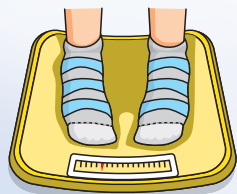
Reduction of 5-10% of initial body weight can lead to decreased risk of obesity-related health problems.

## 如何能減肥? How to lose weight?

足夠運動 - 增加能量消耗  
控制飲食 - 減少能量攝取



Adequate Exercise - Increase energy output  
Healthy Diet - Decrease energy intake



### 問一問 Ask yourself

? 你有嘗試過減肥嗎?  
Have you ever tried to lose weight?

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? 甚麼事物阻礙你做運動?  
Anything hinder you from doing exercise?

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? 你對今次的減肥計劃有甚麼期望?  
What is your expectation in this program?

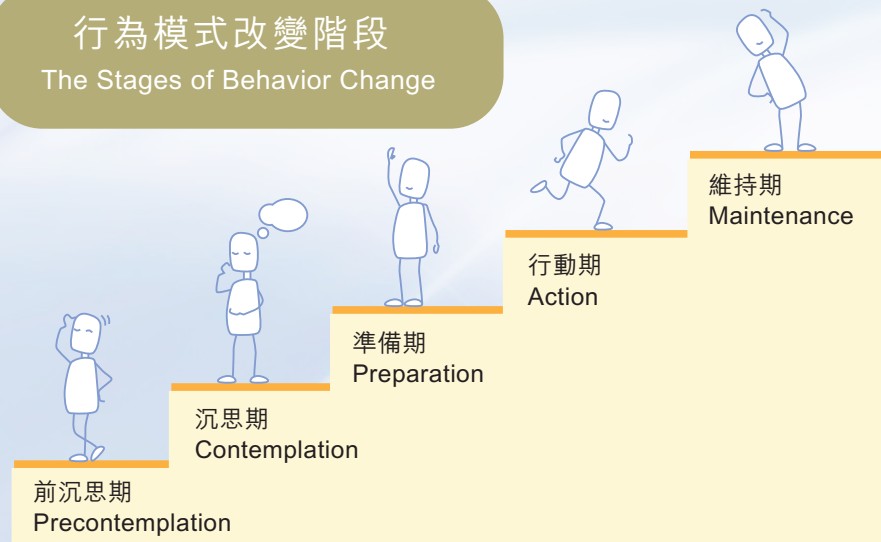
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## 5個培養恆常運動的階段 5 Stages of building up regular exercise habit

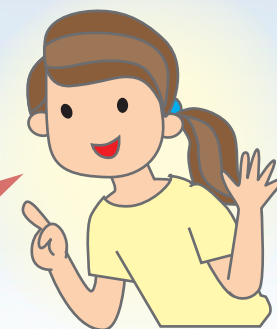
### 行為模式改變階段

The Stages of Behavior Change



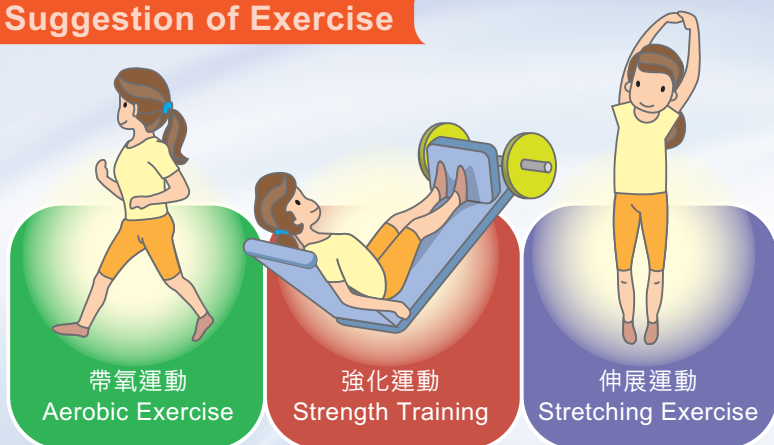
- 前沉思期：沒有運動習慣；沒有計劃於6個月內展開運動  
Precontemplation: no exercise habit; no intention to exercise in 6 months
- 沉思期：明白需要運動；計劃於6個月內展開運動  
Contemplation: recognize the need of exercise, plan to exercise in 6 months
- 準備期：開始運動，但未成為恆常  
Preparation: start exercise, but not in regular pattern
- 行動期：恆常運動，但時間少於6個月  
Action: perform regular exercise but in < 6 months
- 維持期：恆常運動多於6個月  
Maintenance: perform regular exercise > 6 months

你在哪裡?  
Where are you?





## 運動 Suggestion of Exercise



頻率 Frequency	每天 Everyday	每星期 2-3 次 2-3 times per week	每次運動前後 Pre- and post-exercise
時間 Time	≥ 20 分鐘/每天 ≥ 20 min/day 或 or ≥150 分鐘/星期 ≥ 150 min/week	10-15下，可逐漸增加強度和重覆次數 10-15 reps Progress overtime with heavier and more sets	5-10下 5-10 reps
強度 Intensity	中等至劇烈 Moderate-to-vigorous	接近疲勞 Approaching fatigue	感到牽張 Feeling of stretching tension
模式 Mode	急步行、緩步跑 Brisk walking, jogging	主要肌群，如四頭肌 On major muscle groups: e.g. Quadriceps muscles	上下肢主要肌群 Stretching to major muscles on upper and lower limbs.

運動處方因應各人身體狀況存在個體差異，若有任何疑問，請諮詢你的物理治療師。

The prescription of physical activities may varies according to individual's health related and physical limitation! If you have any concern, please consult your physiotherapist.

## 運動強度 Exercise Intensity

自覺辛苦評級表 Rate of Perceived Exertion		
6	沒感覺	No exertion
7	極之輕微	Extremely light
8		
9	非常輕微	Very light
10		
11	輕鬆	Light
12		
13	有點辛苦	Somewhat hard
14		
15	辛苦	Hard
16		
17	非常辛苦	Very hard
18		
19	極之辛苦	Extremely light
20	盡最大努力	Maximal exertion

建議初期運動強度  
Suggested initial exercise intensity

說話測試  
Talk Test

你仍能自如地說話  
You can still speak comfortably



## 代謝當量 Metabolic Equivalent

代謝當量 (MET) 是一種簡易使用的運動強度量度的標準方法。MET is a useful and standardized way to describe the absolute intensity of exercise.

<3 METs = 輕鬆的運動 (如慢行，站著煮飯)  
Light intensity (e.g. walking slowly, cooking in standing)

3-6 METS = 中等程度運動 (如上樓梯，踏單車)  
Moderate intensity (e.g. walking upstairs, cycling)

≥6 METs = 劇烈運動 (如跑步，踢足球)  
Vigorous intensity (e.g. running, playing football)

## 30 天運動挑戰 30-Day Challenge

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

了解自己的狀況 Know your body



設立目標 Set your goals



制定運動時間表 Set your exercise schedule



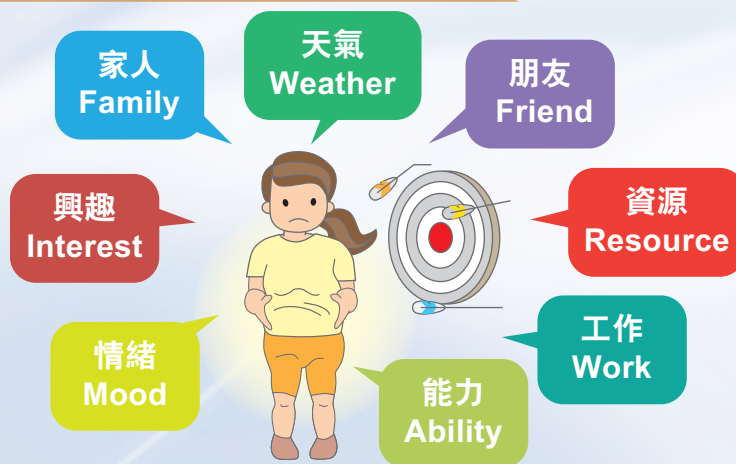
實踐運動 Start your exercise



追蹤你的進展 Track your progress



我試過，可是我失敗了！  
I have tried, but I failed!



? 是甚麼使你不能如願完成目標？  
What are the reasons for the failure?

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? 你當初想做運動的動機或原因是甚麼？  
What are your initiatives or reasons for exercise?

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? 甚麼事物攔阻你做運動？  
What are your barriers for exercise?

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## 防止故態復萌 Relapse Prevention



## 解決方法建議 Suggested Solution

<b>缺少時間</b> Lack of time	<ul style="list-style-type: none"> <li>分段進行運動 Divide into short sessions of exercise</li> <li>在公司附近運動 Exercise near your office</li> <li>設定時間表 Set your timetable, exercise routinely</li> </ul>
<b>缺乏興趣</b> Lack of interest	<ul style="list-style-type: none"> <li>獎勵自己 Reward yourself</li> <li>進行不同種類的運動 Try different types of exercise</li> <li>在不同地方運動 Exercise in different places</li> <li>與親友一起運動 Ask someone to join you</li> </ul>
<b>環境 / 天氣因素</b> Environmental / climatic factors	<ul style="list-style-type: none"> <li>嘗試一些室內運動 Identify activities that you can perform indoors</li> <li>環境不許可時，考慮一些替代方案 Consider alternatives when the condition is not feasible</li> </ul>

## 溫馨提示 Warm Reminders

- 設定目標** Set your goal
- 循序漸進** Do paced exercise
- 檢討改進** Reflect and improve
- 莫忘初衷** Remember your initiative
- 堅持不懈** Persist to the end

