

# 躍動-活出精彩人生

## Get Moving for Better Health

定期的身體鍛煉有助於預防與管理慢性疾病。

Regular physical activity is important for chronic disease prevention and management.

### 加拿大心臟及中風基金會-成年人體能活動的建議

#### Heart and Stroke and Public Health Canada Recommendations for Adults

最少每星期150分鐘中等強度帶氧運動，則每段運動維持10分鐘或以上	>150 minutes/week of moderate-intensity aerobic activity, broken into sessions of 10 minutes or more.
每星期最少兩日中等至高強度肌肉力量訓練	Moderate to high intensity muscle-strengthening activity on at least 2 days/week.
每星期300分鐘活動會有更佳效果	Gain even more benefits by being active >300 minutes (5 hours) /week.
循序漸進增加運動時間及強度	Increase amount and intensity gradually over time.

### 心肺功能帶氧運動指引 Aerobic Training Guideline



訓練頻率 Frequency	一星期 3-5 次 3 to 5 times a week
訓練強度 Intensity	中度 (貯備心率50-80%) Moderate intensity (HRR 50-80%)
訓練時間 Time	持續20-60分鐘的帶氧運動 Aerobic exercise for 20-60 minutes continuously
訓練形式 Type	大肌肉群參與並持續進行的有節奏帶氧運動 Large muscles involvement with rhythmic aerobic training

### 如何選擇合適的應用程式? How Do I Choose the Right App?



設定實際的期望  
Set realistic expectations



避免過度承諾的健康應用程式  
Avoid health apps that overpromise



了解應用程式的開發人員  
Research the app developers



徵求網民意見並測試應用程式  
Crowd-source online and test out apps



熟悉私隱聲明  
Familiarize yourself with privacy statements



諮詢您的醫療保健提供者  
Consult your health care provider

疾病 Disease	運動注意事項	Exercise Precaution	危急處理	Emergency Management
<b>心血管疾病 Cardiovascular Disease</b>	定期檢查血壓 避免頭部低於心臟 不能憋氣 足夠熱身和水份補充 避免運動高強度運動	Regular monitoring of blood pressure Avoid head down positions Avoid holding your breath Proper warm up and hydration Avoid high intensity exercises	如出現頭痛、頭 暈、面紅、心口 痛應立刻停止運 動並坐／躺下來	Stop immediately if you have headache, dizziness, flushing or chest pain
<b>呼吸系統疾病 Respiratory Disease</b>	運動前服藥 攜帶哮喘噴霧 避免在寒冷或乾燥的 天氣運動 避免劇烈運動 配合正確的呼吸方法	Take medication as prescribed Bring along with your inhaler Avoid exercising in cold or dry air Avoid strenuous exercise Use proper breathing techniques	如哮喘發作，應 立刻坐下  身體前傾，使用 氣管舒張噴霧	Stop immediately and sit down if you have an acute asthmatic attack  Lean forward and use your inhaler
<b>糖尿病 Diabetes</b>	定期檢查血糖 隨身準備含糖分食品 留意任何不良徵兆 運動前進食低血糖值 數食物 避免劇烈運動	Regular monitoring of glucose Bring along some snacks Monitor any adverse symptoms Have a low glucose meal before exercise Avoid strenuous exercise	如出現頭暈、顫 抖、面青唇白、 冷汗 應立刻坐下並尋 求支援	Stop immediately, sit down and ask for help if you have any dizziness, tremors, pallor or excessive sweating

疾病 Disease	運動注意事項	Exercise Precaution
<b>骨質疏鬆 Osteoporosis</b>	避免高衝擊性訓練 確保環境安全 配合負重訓練 配合平衡訓練	Avoid high impact exercises Ensure the environment is safe Integrate weight bearing exercise Integrate balance training to prevent falls
<b>中央肥胖及各 類痛症 Obesity and Chronic Pain</b>	避免高衝擊性訓練 配合帶氧運動 配合低負重訓練 配合平衡訓練 適合低衝擊性運動 (如游泳、瑜伽、太極等)	Avoid high impact exercises Integrate aerobic exercises Integrate low resistance exercise Integrate balance training Low impact exercises (e.g., swimming, yoga, tai chi) are recommended



© 2022 The University of British Columbia  
The work is licensed under Creative Commons  
Attribution-Non-Commercial-NoDerivatives  
4.0 International License  
(<http://creativecommons.org/licenses/by-nc-nd/4.0/>). Created by UBC Digital  
Emergency Medicine. For permissions to use  
this work for commercial purposes please  
contact The University of British Columbia's  
University-Industry Liaison Office.