

躍動人生 Staying Active

常見資源 General Resources

運動對心臟病的的好處

Health benefits of regular physical activity for heart disease

- | | |
|--|---|
| <ul style="list-style-type: none">• 減低併發症的風險• 控制血壓及膽固醇• 改善血糖指數• 增強體力及力量• 改善血液循環• 體重管理 | <ul style="list-style-type: none">• Decrease risk of complications• Better blood pressure and cholesterol control• Improve blood glucose control• Increase energy and strength• Improve circulation• Weight management |
|--|---|

運動注意事項 Exercise precaution

- | | |
|--|--|
| <ul style="list-style-type: none">• 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 | <ul style="list-style-type: none">• Regular monitoring of blood pressure• Avoid head down positions• Avoid holding your breath• Proper warm up and hydration• Avoid high-intensity exercises |
|--|--|

運動危急處理 Emergency management

- | | |
|---|--|
| <ul style="list-style-type: none">• 如出現頭痛、頭暈、面紅、心口痛、氣喘或小腿抽筋應立刻停止運動並坐／躺下來。 | <ul style="list-style-type: none">• Stop immediately if you have headache, dizziness, flushing, chest pain, shortness of breath or legs cramping |
|---|--|

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或75分鐘劇烈帶氧運動	> 150 minutes/week of moderate-intensity aerobic activity or 75 minutes/week of vigorous aerobic activity.
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 per week.
每星期300分鐘活動會有更佳效果	Gain even more benefits by being active > 300 minutes per 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 (儲備心率*50-80%) Moderate intensity (HRR* 50-80%) *儲備心率 (HRR) 是指心率恢復。它以每分鐘的心跳次數為單位，是指在運動期間達到的最高心率與停止運動後的心率之差異。 *Heart Rate Reserve, HRR is heart rate recovery. It is measured in beats per minute and is the difference between your peak heart rate during exercise and your heart rate soon after you stop.
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

p. 2

運動類型及好處

Types of exercise and benefits

	帶氧運動	Endurance/ Aerobic	力量訓練	Strength
什麼是? What is it?	<ul style="list-style-type: none"> •中等-高度運動 (每周>150分鐘) •中等-輕鬆聊天 •高度-不能輕鬆聊天 	<ul style="list-style-type: none"> •moderate - vigorous exercise (> 150 minutes / week) •Moderate - talk easily •Vigorous - cannot talk easily 	<ul style="list-style-type: none"> •每週2-3次 •主要肌肉使用推、拉或舉的動作 •肌肉力量: 6- 10次,使用較重的重量 •肌肉耐力: 8- 10次,使用較輕的重量 	<ul style="list-style-type: none"> •2-3 times/ week on major muscles •using push, pull, or lift •Muscle Power: 6-10 times with heavier weight •Muscle Endurance:8-10 times with lighter weights
好處 Benefits	<ul style="list-style-type: none"> •改善心肺血管健康 •讓你做家務更輕鬆 	<ul style="list-style-type: none"> •promote heart, lung, blood vessel health •Make your housework easier 	<ul style="list-style-type: none"> •讓你的肌肉更強壯，可以做園藝工作或抱孫 •維持骨骼健康 	<ul style="list-style-type: none"> •Makes your muscle stronger to do garden work or carry your grandchild •Help maintain bone health

躍動人生 Staying Active

常見資源 General Resources

運動創傷預防措施 Injury prevention

- 運動前後熱身及緩和
 - 避免極端天氣下活動
 - 補充水份
 - 帶備速效碳水化合物
 - 病歷資料卡
 - 合適的活動強度
 - 如有不適暫停活動
- Warm up and cool down
 - Avoid doing activity in extremely weather
 - Stay hydrated
 - Carry fast-acting carbohydrate
 - Carry/wear medical identification
 - Choose suitably intensive activities
 - Stop when feeling discomfort

 www.iconproject.org

 icon.support@ubc.ca



歡迎掃描二維碼訂閱「安康」通訊，定時接收最新活動消息和健康生活資訊。

Please scan the QR code to join iCON mailing list and receive upcoming event news and healthy living tips.

