

# 增強健體防衰弱!

## Staying Active to Age Well!

### 常見資源 General Resources

#### 運動的好處

#### Health benefits of regular physical activity



- 舒緩壓力
  - 改善健康
  - 改善血液循環
  - 增強免疫力
  - 體重管理
- Decrease stress
  - Improve general health
  - Improve circulation
  - Increase immunity
  - Weight loss

#### 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
- Warm up and cool down
  - Avoid doing activity in extreme weather
  - Stay hydrated
  - Carry fast-acting carbohydrates



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# 運動類型及好處

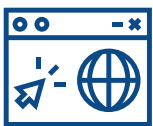
## Types of exercise and benefits



	帶氧運動	Endurance/ Aerobic	力量訓練	Strength
什麼是? What is it?	<p>中等 - 高度運動 (每周&gt;150分鐘)</p> <p>中等 - 輕鬆聊天</p> <p>高度 - 不能輕鬆聊天</p>	<p>Moderate - vigorous exercise (&gt; 150 minutes / week)</p> <p>Moderate - talk easily</p> <p>Vigorous - cannot talk easily</p>	<p>每週2-3次 主要肌肉使用推、拉或舉的動作</p> <p>肌肉力量: 6- 10次,使用較重的重量</p> <p>肌肉耐力: 8- 10次,使用較輕的重量</p>	<p>2-3 times/ week on major muscles using push, pull, or lift</p> <p>Muscle Power: 6-10 times with heavier weights</p> <p>Muscle Endurance: 8-10 times with lighter weights</p>
好處 Benefits	<p>改善心肺血管健康</p> <p>讓你做家務更輕鬆</p>	<p>Promote heart, lung, blood vessel health</p> <p>Make your housework easier</p>	<p>讓你的肌肉更強壯，可以做園藝工作或抱孫</p> <p>維持骨骼健康</p>	<p>Makes your muscle stronger to do garden work or carry your grandchild</p> <p>Helps maintain bone health</p>

## 運動類型及好處 (續) Types of exercise and benefits (continued)

	平衡力訓練	Balance Training	柔韌性訓練	Flexibility Training
什麼是? What is it?	<p>每天做的訓練</p> <p>挑戰自己保持直</p>	<p>Activity that you do daily</p> <p>Challenge yourself to keep upright</p>	<p>每天做的訓練</p> <p>彎曲/ 伸展/ 擺動你的身體到舒適的範圍</p>	<p>Activity that you do daily</p> <p>Reach, bend, and move your body through comfortable motions</p>
好處 Benefits	<p>移動時, 保持良好的平衡</p> <p>防止跌倒</p>	<p>Helps maintain good balance when you are moving</p> <p>Helps prevent falls</p>	<p>幫助您的身體更輕鬆地移動</p>	<p>Helps your body move more easily and in new ways</p>



更多講座相關的社區資源已上載「安康」網站 (全面了解衰弱症活動頁面), 或按此了解更多。

You can find more related community resources on the iCON website (Event: 2024 Chinese Health Forum) or by [clicking here](#).

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