



## 預防高齡衰老建議

### Top Tips for Prevention of Senior Frailty

1 定期監察個人體重、血壓、膽固醇及血糖水平，預防「三高」  
Regularly monitor weight, blood pressure, blood sugar and cholesterol

2 保持均衡飲食習慣，多吃蔬果、全穀物、瘦肉、魚和豆類  
Maintain a balanced diet and good eating habits

3 每天作適量運動，有助維持心血管、肌肉力量、關節健康  
Stay active and exercise daily

4 避免吸煙及飲酒，以免增加心血管疾病的風險  
Quit smoking and drinking alcohol



5 培養興趣，適應家庭及工作角色的轉變  
Develop personal interests and hobbies

6 實行退而不休，保持社交和活動量  
Remain socially active and stay connected

7 定期體檢，病向淺中醫  
Schedule health checks to prevent diseases and for early detection

