



World Cancer  
Research Fund  
Hong Kong

世界癌症研究基金會(香港)

# MOVING MORE

FOR CANCER PREVENTION

## 愛好動

### 預防癌症的運動訣要





## Our vision

World Cancer Research Fund Hong Kong (WCRF HK) helps people make choices that reduce their chances of developing cancer

## Our heritage

We were the first cancer charity:

- ◆ To create awareness of the relationship between diet and cancer risk
- ◆ To focus funding on research into diet and cancer prevention
- ◆ To consolidate and interpret global research to create a practical message on cancer prevention

## Our mission

Today World Cancer Research Fund Hong Kong (WCRF HK) continues:

- ◆ Funding research on the relationship of nutrition, physical activity and weight management to cancer risk
- ◆ Interpreting the accumulated scientific literature in the field
- ◆ Educating people about choices they can make to reduce their chances of developing cancer

WCRF HK is part of the World Cancer Research Fund global network, which consists of the following charitable organisations: The American Institute for Cancer Research (AICR); World Cancer Research Fund UK (WCRF UK); World Cancer Research Fund Netherlands (WCRF NL); World Cancer Research Fund Hong Kong (WCRF HK); World Cancer Research Fund France (WCRF FR); and the umbrella association, World Cancer Research Fund International (WCRF International)



世界癌症研究基金會(香港)

World Cancer  
Research Fund  
Hong Kong

## 我們的展望

世界癌症研究基金會（香港）致力協助人們作出減低患癌風險的抉擇

## 我們的承傳

我們是首個癌症慈善團體：

- ◆ 建立市民大眾對飲食與癌症預防關係的認識
- ◆ 專注資助有關飲食及癌症預防的科研項目
- ◆ 整合及詮釋全球的科研論證，為癌症預防創建具實用價值的資訊

## 我們的使命

今天，世界癌症研究基金會（香港）繼續：

- ◆ 資助有關飲食、體力活動以及體重與癌症預防相互關係的科研項目
- ◆ 對有關範疇內現存的科研論證作出詮釋
- ◆ 教育市民大眾作出可減低患癌風險的抉擇

世界癌症研究基金會（香港）是世界癌症研究基金會全球網絡的其中一員，世界癌症研究基金會全球網絡包括以下各慈善機構：

美國癌症研究所（AICR）

世界癌症研究基金會（英國）（WCRF UK）

世界癌症研究基金會（荷蘭）（WCRF NL）

世界癌症研究基金會（香港）（WCRF HK）

世界癌症研究基金會（法國）（WCRF FR）

以及總會：

世界癌症研究基金會（國際）（WCRF International）

# Contents

<b>Choices and chances</b>	<b>4</b>
<b>Being physically active to help prevent cancer</b>	<b>6</b>
<b>Moving more for your health</b>	<b>8</b>
<b>Understanding the science: how physical activity can reduce your cancer risk</b>	<b>12</b>
<b>Think FITT!</b>	<b>16</b>
<b>Types of activity</b>	
– Aerobic activity	24
– Strength training	28
– Stretching	29
<b>Exercise intensity – how hard should I work?</b>	<b>32</b>
<b>Cancer survivors and physical activity</b>	<b>36</b>
<b>Frequently asked questions</b>	<b>37</b>



# 內容

抉擇與機會	5
恆常運動有助預防癌症	6
為健康多運動	10
認識科研結果： 運動如何減低患癌風險	14
想 FITT!	18
運動的種類	
- 帶氧運動	26
- 體力鍛鍊	30
- 伸展運動	31
運動的強度 — 我要多努力?	34
癌症倖存者與體力活動	38
常見問題	39



## Choices and Chances

At present, around one in four people in HK will develop cancer at some point during their lifetime, but research gives us hope and shows that cancer isn't simply down to fate or bad luck.

Although everyone's starting point for cancer risk is different, scientists estimate that about a third of cancers could be prevented by making changes to the food we eat, the amount of exercise we take, and by maintaining a healthy weight. In addition, choosing not to smoke (or giving up smoking) can play a big role in reducing our risk, as smoking is known to cause about one third of all cancers. Together, these factors have the potential to prevent most cancer cases in HK and around the world.

Our special Report – *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective* – reconfirmed what WCRF HK has always maintained: we can make changes in our lives that will reduce our risk of developing cancer. Published by WCRF/AICR in November 2007, this Report is the result of an exhaustive process involving leading scientists and researchers, and more than 100 peer reviewers and observers. First, nine independent research teams collected all the relevant research on the relationship of food, nutrition, physical activity and body fatness to cancer risk. Together they identified 500,000 studies, of which 7,000 were eventually found to be relevant. A panel of 21 world-renowned experts then compared, evaluated and interpreted these studies, and from them developed 10 evidence-based Recommendations for preventing cancer.

To make it easy for you to follow these Recommendations, WCRF HK has summarised them into three realistic Guidelines that you can think about and

eventually adopts as principles to guide your choices.

- Choose mostly plant foods, limit red meat and avoid processed meat
- Be physically active every day in any way for 30 minutes or more
- Aim to be a healthy weight throughout life

Following any one of these Guidelines is likely to reduce your chances of developing cancer. But following all three offers the greatest protection. In part, this is because the three are so closely related to each other. For instance, your **diet** has to do with taking in energy (usually measured in calories), and **physical activity** has to do with expending or burning the energy you have taken in. The key to maintaining a healthy **weight** lies in balancing your 'energy in' with your 'energy out'.

Diet and physical activity both protect against cancer in two main ways. The evidence shows that a healthy diet helps protect your body against cancer. It also helps you manage your weight, which in turn lowers your cancer risk. Similarly, physical activity offers 'direct' protection from cancer by reducing levels of hormones that are linked to higher risk of the disease. It also plays a key role in helping you to manage your weight and therefore indirectly reduces your cancer risk as well.

In choosing to follow these three Guidelines you will be choosing to follow a healthier way of life. Making gradual changes to what you eat and your lifestyle will lead, over time, to a leaner, healthier body, and less chance that you will develop cancer or other chronic diseases like heart disease, stroke or diabetes.



## 抉擇與機會

現時，在香港約每四名市民當中，就有一位備受癌魔威脅，但是科研為我們帶來了希望，揭示罹患癌症並非因為交上惡運或命中注定。

儘管每個人的患癌風險可能並不相同，科學家認為，透過改變飲食習慣，進行體力活動以及維持適當的體重，三分之一的癌症是可以作出預防的。此外，選擇不吸煙（或戒煙）對減低患癌風險亦發揮重要作用，據已知的資料顯示，三分之一的癌症個案是因為吸煙而導致。上述種種因素集合起來，可能可以防止香港以及全球大多數的癌症。

由世界癌症研究基金會及美國癌症研究所於2007年11月發表的專家報告：「食物、營養、體力活動與癌症預防」重新確認本會一直以來所堅持的信念：我們可以在日常生活中作出改變來減低患上癌症的風險。這份報告是由權威的科學家和研究員，以及過百的考查員和觀察員，

經過全面無遺的研究過程而制定出來。首先，九支獨立的研究隊伍搜集所有關於飲食、體力活動以及體型和癌症風險相互影響的科研項目，其中共識別出五十萬項相關的研究，最後，七千項被確定為切題的研究。這些研究接著經由一個由二十一位世界知名的科學家所組成的專家小組作比較和評估，並根據這些科研證據制訂出十項防癌建議。

為了讓你更容易實踐這些建議，世界癌症研究基金會（香港）把防癌建議分為三項實際的指引，供你考量並逐步採納為選擇飲食和生活習慣的原則：

- 多吃植物性食物，限制進食紅肉及避免食用加工肉類
- 每天做30分鐘或以上任何類型的運動
- 以終生保持健康體重為目標

透過實踐上述任何一項指引都很可能減低你患癌的機會，但若把三項指引全部實踐，你便可得到最佳的保護，某程度上是因為這三個指引是息息相關的，舉例說，你的飲食會影響所吸收的熱量（通常以卡路里作量度單位），而運動則把你所吸收的熱量消耗，所以平衡熱量的吸收和消耗是維持健康體重的關鍵。

飲食和運動主要透過兩個方法來預防癌症，科研證據指出健康飲食有助預防癌症，同時亦有助控制體重，繼而減低患癌風險。同樣地，透過減低會增加患癌風險的荷爾蒙水平，運動可以「直接」預防癌症，這亦是控制體重的主要部份，因而能有助預防癌症。

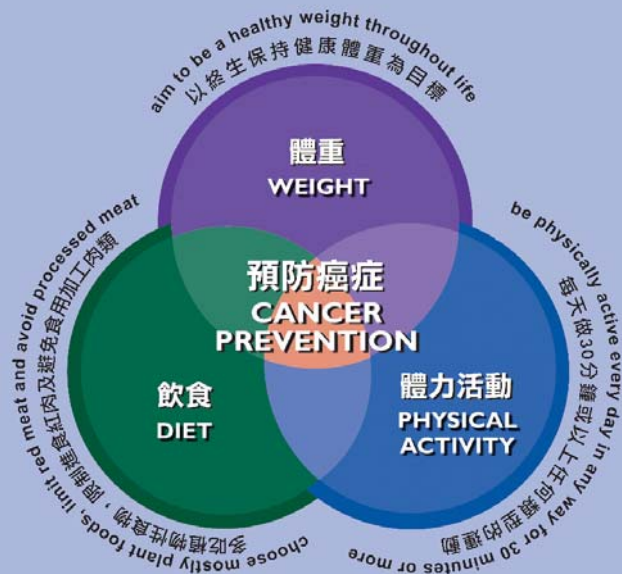
透過選擇實踐這三項建議，你已選擇了一個健康的生活方式，只要逐步在你的飲食及生活習慣中作出小改變，經過一段時間你的身體將會更瘦、更健康，同時可以減低你患上癌症及其他慢性病如心臟病、中風或糖尿病的風險。



# Being physically active to help prevent cancer 恆常運動有助預防癌症

This booklet focuses on WCRF HK's physical activity Guideline – be physically active every day in any way for 30 minutes or more.

本小冊子集中講解世界癌症研究基金會（香港）的體力活動指引 – 每天做30分鐘或以上任何類型的運動。



The following Recommendations, developed from our Expert Report, are covered by our physical activity Guidelines:

我們的體力活動指引包括以下從專家報告提出的預防癌症建議：

- ◆ **Be physically active for at least 30 minutes every day**  
每天最少運動30分鐘
- ◆ **Be as lean as possible without becoming underweight**  
在體重不致於過輕的情況下，越瘦越好

**See page 40 for a full list of our Recommendations.**

Our diet and weight Guidelines are covered in other booklets – see our website, [www.wcrf-hk.org](http://www.wcrf-hk.org), to find out more.

**請看第40頁參閱我們完整的防癌建議。**

我們備有其他小冊子詳細講解本會有關飲食及體重的防癌指引 – 請瀏覽我們的網頁 [www.wcrf-hk.org](http://www.wcrf-hk.org) 查閱更多相關資料。







## Moving more for your health

Nearly 40 per cent of adults in Hong Kong are overweight or obese, and it is predicted that this number will keep rising unless we make changes to our daily lifestyle choices. Many scientists continue, as a result, to investigate the role of physical activity in our lives and how it affects our health. Their research has shown that the amount of physical activity we do each day is linked to our chances of developing cancer and many other serious diseases.



Our recent landmark Report, *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*, found a direct connection between cancer and physical activity. The good news from the research is that we can lower our chances of developing cancer simply by moving more.

According to the result of the Millennium Sports Study conducted by the Hong Kong Sports Development Board between October 2002 and February 2003, and October 2003 and February 2004; only 17% of the Hong Kong adults were engaged in the amount of physical activity recommended by the Centre of the Disease Control and Prevention, USA. For the children population, only 19% were engaged in the recommended amount of physical activity.

As the Expert Report explains: “Most occupations in urban areas around the world are sedentary. Household tasks are mostly mechanised; much food is purchased already prepared; most journeys (even short ones) are made by car or public transport; and for young people, television viewing and the use of

computers have often largely replaced active recreation.”

Diet, physical activity and a healthy weight are three essential components of cancer prevention. Individually, the first two directly reduce cancer risk, and together they also help us manage our weight, which is the third component of cancer prevention. It takes all three to provide the most health protection.

This booklet explains how daily physical activity helps to reduce the risk of cancer and other diseases; helps you find your starting point for following our physical activity Recommendation; and gives you plenty of ideas and tips for making time to move more every day and stay motivated.



## What is physical activity?

Physical activity can include much more than the exercise you might get at the gym or in a class. Walking to the post box or walking your children to school, lifting boxes at work, sweeping the house and individual sports like hiking or cycling all count as physical activity.

Our Recommendation for physical activity can be broken down into the following three sections:

- Be moderately active, equivalent to brisk walking, for 30 minutes every day.
- As fitness improves, aim for 60 minutes or more of moderate, or 30 minutes of more vigorous, physical activity every day.
- Limit sedentary habits such as watching television.

The first part of the Recommendation, to do 30 minutes of moderate activity a day, relates directly to cancer prevention. Data from a wide range of studies found consistent evidence that this level of activity lowers the risk of bowel cancer.

The second part of the Recommendation relates to how physical activity can help us to balance our weight. Experts estimate that by increasing our activity levels to 60 minutes of moderate activity a day, we would be taking a big step towards avoiding overweight and obesity. For many people, this will be a longer term goal, but if we make planning activity into our day a priority, it can be achieved. Remember that you don't need to do all your daily physical activity in one go: 10-minute slots can be just as beneficial.



Your risk of many health conditions can be reduced by being physically active every day

## What are the benefits of physical activity?

As well as helping to prevent cancer, your risk of many health conditions can be reduced by being physically active every day. Among the diseases you can take steps to avoid are:

- Heart disease
- Stroke
- Osteoporosis
- Arthritis
- Type 2 diabetes
- Depression
- Cognitive decline and dementia
- Obesity (closely linked to six cancers – see page 12)

Risk for these health conditions is lessened because physical activity:

- Lowers blood pressure
- Raises levels of 'good' cholesterol and lowers levels of 'bad' cholesterol
- Helps control blood sugar
- Improves mood
- Improves balance for day-to-day activities
- Increases brain function
- Eases symptoms of arthritis
- Increases bone density

## 為健康多運動

在香港，約有五分二的成年人是超重或肥胖。假若我們不改變我們日常生活模式上的選擇，估計這個數字會持續上升；因此，科學家不斷研究運動在生活中所擔當的角色及運動如何影響我們的健康。科學家的研究結果顯示，每天所做的體力活動與患上癌症及其他嚴重疾病的風險是有關連的。

最近由世界癌症研究基金會及美國癌症研究所發表的報告：「食物、營養、體力活動與癌症預防」發現，癌症和體力活動有直接關連。研究為我們帶來的好消息是，只要多運動便能減低患癌的機會。

根據香港康體發展局於2002年10月至2003年2月及2003年10月至2004年2月期間進行的「千禧體育研究」的結果顯示，只有17%的香港成年人的運動時間達到由美國疾病控制及預防中心所建議的水平，至於5至17歲的兒童及青少年人口中，則只有19%達到建議的水平。

本會的專家報告亦指出：「在城市裡，大部分的職業都是靜態的，家務變得機械化，在外購買的食物大多經過調製，大部分的路程（包括短途路程）我們都會乘車或使用交通工具，對青年人來說，看電視和使用電腦已取代了大部分讓我們活躍走動的消閒活動。」



飲食、體力活動及健康體重是三個預防癌症的主要元素。飲食和體力活動均可直接減低患癌風險，當兩者配合起來，便能有助控制體重，即第三個預防癌症的元素。三項指引全部實行才能對健康提供最大的保護。

本小冊子解釋日常的體力活動如何減低患上癌症和其他疾病的風險、助你開始跟隨本會有關體力活動的防癌建議、以及為你提供許多叫你每天積極抽空運動的意見和貼士。



## 甚麼是體力活動？

體力活動並不單指那些在健身室或運動課堂上進行的運動。步行至郵筒或與孩子步行上學、工作時提起箱子、打掃家居及體育活動如遠足或踏單車，均可算是體力活動。

本會就體力活動的建議可分為三個部分：

- 每天最少做30分鐘強烈程度中等的運動
- 隨著體能改善，每天最少做60分鐘強烈程度中等的運動或30分鐘劇烈運動
- 限制靜態的生活習慣如看電視

建議的第一部分 - 每天最少做30分鐘強烈程度中等的運動與癌症預防有直接關係，廣泛的研究數據一致發現這程度的運動可減低患大腸癌的風險。

建議的第二部分與體力活動如何有助控制體重有關。專家估計，把運動時間增長至每天做60分鐘強烈程度中等的運動，便能更有效預防過重及肥胖。對許多人來說，這是一個長遠目標，可是若我們能把運動視作每天優先考慮的事情，我們一定能達到這個目標。緊記你無需連續做30分鐘的運動，把它分為每次10分鐘的運動亦同樣有益。

每天多做體力活動能減低患上多種疾病的風險

## 體力活動有甚麼好處？

體力活動除了可預防癌症外，每天做運動亦可減低患上許多疾病的風險。可透過運動來預防的疾病包括：

- 心臟病
  - 中風
  - 骨質疏鬆
  - 關節炎
  - 二型糖尿病
  - 抑鬱症
  - 認知功能衰退和痴呆症
  - 肥胖
- (跟六種癌症有關 - 請參閱第14頁)

減低以上健康問題的風險是因為體力活動能：

- 降低血壓
- 增加「好」膽固醇及降低「壞」膽固醇的水平
- 幫助控制血糖水平
- 改善情緒
- 改善日常活動的平衡
- 改善腦部功能
- 舒緩關節炎徵狀
- 增加骨質密度



# Understanding the science: how physical activity can reduce your cancer risk

Scientists have found evidence to suggest that physical activity plays a role in reducing your risk of a variety of cancers. Our Expert Report ranked this evidence as follows:

Convincingly protective	Probably protective
Colorectal cancer	Postmenopausal breast cancer
	Endometrial cancer

**There is also suggestive evidence for lung cancer, pancreatic cancer and premenopausal breast cancer.**

The link between physical activity and reduced cancer risk is clear, but scientists are still investigating exactly how this connection works. Current research has identified some biological effects of physical activity that seem to play a role in cancer prevention:

## Reducing body fat

Extra fat around the waist can act like a hormone ‘pump’ and raise levels of oestrogen and other substances in the blood, which increase cancer risk. Being overweight can also cause inflammation, another risk factor for cancer.



## Boosting your immune system

Some studies show that exercise increases the ability of cells to ‘fight off’ disease more efficiently.

## Moving food through the digestive system more efficiently

This reduces the exposure of cells lining the bowel to potentially cancer-causing substances, possibly lowering colorectal cancer risk.



## Who can benefit?

Anyone at any age can benefit. It’s never too late in life or too early to become more physically active. Research has shown that even if you are over 70 years old, you can still extend your life expectancy and quality of life by becoming more physically active.

## What counts as physical activity?

Many things you do during the day can count towards your physical activity total if you do them with enough vigour to raise your heart rate. Taking the stairs instead of escalator, walking briskly to the bus stop or MTR station and sweeping the floor are all ways you can work towards the goal of 30 minutes of physical activity. Add just 15 minutes of jogging, dancing, swimming or aerobics to 15 minutes of any of these everyday activities, and you will have reached the recommended daily amount to lower your cancer risk.

## Every step you take counts

Hundreds of studies show that any form of physical activity improves health. Our Expert Report emphasises that all types of physical activity can have protective effects and the more active you are the better.

The next section of this booklet looks at the simple steps you can take to boost your physical activity levels, helping you put together a plan of action by looking at the following questions:

- How active am I now?
- How can I become more active?

Setting realistic goals is key to successfully improving your fitness levels. Completing achievable, short-term targets such as increasing the distance you walk, or gradually increasing your physical activity total by five minutes at a time, will give you the satisfaction you need to stay motivated to improve further.

**It doesn't matter what activities you choose, what matters most is that you choose to be active.**



## 認識科研結果：運動如何減低患癌風險

科學家發現的證據顯示，體力活動能減低患上某些癌症的風險。我們的專家報告把證據評級為：

確實地抵禦	很可能抵禦
大腸癌	更年期後的乳癌
	子宮內膜癌

同時，亦有可作參考的證據指出，體力活動能減低患上肺癌、胰臟癌、更年期前乳癌等的風險。

體力活動與減低癌症風險的關連非常清晰，可是科學家仍在研究這個關係如何起作用。最新的研究顯示，體力活動的一些生物反應有助預防癌症：

### 減低體脂

腰部積存的過多脂肪活像一個「荷爾蒙供應器」，會提高血液中的雌激素及其他物質，因而導致癌症。過重亦會引起炎症，是另一個癌症的風險因素。



### 強化你的免疫系統

一些研究指出運動可提高細胞「對抗」疾病的能力。

### 讓食物在消化系統中更有效地蠕動

這樣可減低腸道內膜的表層細胞暴露於潛在致癌物質的時間，很可能降低患大腸癌的風險。



### 誰會得益？

任何年齡人士均可因做運動而獲得益處，永遠不怕太遲或太早。研究指出70歲或以上人士仍可透過運動改善生活的質素及延長壽命。

### 甚麼算是體力活動？

只要進行的日常活動能充分提高心率，都可被視為體力活動。以行樓梯代替乘搭自動電梯、急步行往巴士站或鐵路站，以及掃地等均是助你達到每天運動30分鐘的目標的方法。只要在15分鐘的日常活動後，多加15分鐘的運動如跑步、跳舞、游泳及健康舞等，你便能達到每天建議的運動量來減低患癌的風險。



## 每一步都有用

數以百計的研究指出任何種類的運動均可改善健康。本會的專家報告強調，任何種類的運動都有抵禦癌症的功效，而且能做到越活躍好動越好。

本小冊子的下一個部分會介紹一些簡易的方法來提高你的運動量，透過探討以下的問題，助你定下運動計劃。

- 我有多活躍好動？
- 怎樣才能變得更活躍好動？

定下實際的目標是改善體能的成功之道。完成可達到的短期目標如增加步行的距離或續漸加長運動的時間（每次增加5分鐘）能給予你成功感，讓你有動力不斷改善你的運動計劃。

**選擇哪種類型的運動並不重要，重要的是你選擇變得更活躍好動。**



## Think FITT!

*Think F.I.T.T. These four letters can help you to make the most of your daily physical activities.*

**F**requency – how often you are physically active (how many days per week).

**I**ntensity – how hard your body is working during physical activity. It is often classed as light, moderate or vigorous. Intensity depends on your current level of fitness and on the difficulty level, such as whether you are walking on a flat surface or walking uphill. See page 32 for examples of light, moderate and vigorous intensity activities.

**T**ime – how long you spend being physically active each day. You can do all of your physical activity at one time, or you can spread it out into shorter sessions throughout the day.

**T**ype – the kind of activity you choose to do. Walking, housework, vacuuming, swimming and weight training are all great examples. It is good to include a variety of activities in your routine.

### Formula for success

- Strive to be physically active every day
- Try to do moderate to vigorous physical activity (see page 32)
- If you choose vigorous activities, aim for 30 minutes; if you choose moderate activities, work towards the 60-minute goal
- Mix a variety of activities, including aerobic and resistance training (see pages 24 and 28), into your routine

If you want to start being more physically active, but you have not been before, or you have not exercised for a long time, it is a good idea to talk to your GP about your fitness before starting. Medical advice is particularly important if you:

- are over 35 and smoke
- have diabetes
- are at known risk for heart disease
- are over 40 and inactive
- have high blood pressure
- have chest pain or any severe discomfort when you exercise
- have high cholesterol
- have difficulty breathing during mild exertion, such as while carrying out daily activities



## Look at your ability to do day-to-day activities

If you are unsure about your current level of fitness, the questions below can help you to look at how well you can do everyday tasks. Knowing how easy everyday movements are for you can give you a starting point for an individualised physical activity programme that will meet your specific goals. You can return to these questions every few months to check your progress.

<b>Find your fitness level</b>					
<b>Scoring: Rarely – 1 point; Sometimes – 2 points; Usually – 3 points; Always – 4 points.</b>					
<b>Mobility and daily activities</b>	<b>Now</b>	<b>3 months</b>	<b>6 months</b>	<b>9 months</b>	<b>12 months</b>
1. I find it easy to walk up or down two or more flights of stairs					
2. I have no trouble taking out the rubbish					
3. I easily do chores such as vacuuming and dusting					
4. I can do other sorts of housework on my own without difficulty					
5. I don't need help with daily activities					
6. I have little trouble reaching into high cupboards or reaching down to pick up something from the floor					
<b>Mood, energy level, and mental health</b>					
1. I feel younger than my age					
2. I feel independent					
3. I feel energetic					
4. I live an active life					
5. I feel strong					
6. My arms and legs work as well as they used to					
7. I am as active as other people my age					
<b>TOTAL</b>					

Chart adapted from *Growing Stronger: Strength Training for Older Adults* published by the Centers for Disease Control and Tufts University, 2002

To evaluate your score, please turn to page 20.



## 想 FITT!

想 *F.I.T.T.* 這四個英文字母有助你更重視每天的體力活動。

**頻率 (Frequency)** - 進行體力活動的頻密程度 (每星期運動的次數)。

**強度 (Intensity)** - 身體多努力地進行體力活動。運動一般可分為輕度、中度及劇烈程度等類別，強度視乎你當時的體能和運動的難度而定，例如你在平地上步行和上山便大不相同，本書第34頁列有不同強度運動的例子可供參考。

**時間 (Time)** - 每天花在體力活動上的時間。你可一次過達成一天的體力活動目標，又或把它分為較短的運動時段並在一天內分散進行。

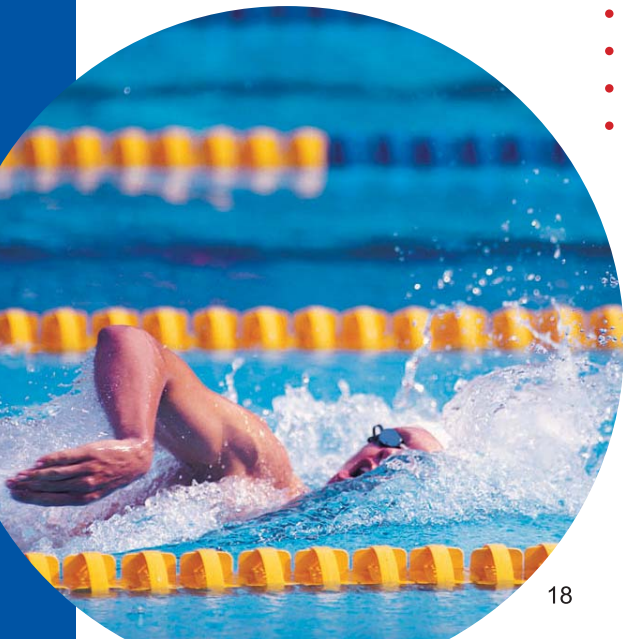
**類別 (Type)** - 你選擇進行的體力活動。步行、家務、吸塵、游泳及重量訓練是很好的例子。最理想是於一週的運動日程中包括各種的活動。

### 成功之道

- 力求每天都做運動
- 嘗試做強烈程度中等至劇烈的運動 (參閱第34頁)
- 若選擇劇烈運動，以30分鐘為目標；若選擇強烈程度中等的運動，應以60分鐘為目標
- 應在你的運動日程中加入各類型的運動，包括帶氧運動和阻力訓練等 (參閱第26及30頁)

假若你希望變得更加活躍好動，但是你從未進行運動，或你已有一段時間未有運動，你應在開始運動計劃前向醫生了解自己的體能狀況。如你有以下的健康問題，醫生的意見尤其重要：

- 35歲或以上並有吸煙的習慣
- 糖尿病患者
- 已知有心臟病風險的人士
- 40歲或以上及沒有做運動的習慣
- 患有高血壓
- 運動時出現心口痛或其他嚴重不適
- 膽固醇水平過高
- 在日常進行輕度活動時出現呼吸困難



## 檢視你應付日常生活的能力

如果你不太清楚自己現時的體能狀況，以下的問題能助你更了解自己應付日常活動的能力。清楚自己體能狀況這一步，能成為你定下個人運動計劃的起點，以助你達到特定的目標。你可每隔數月再回答這些問題來檢視自己的進度。

查看你的體能水平					
分數：很少 - 1分；間中 - 2分；通常 - 3分；經常 - 4分					
流動性及日常活動	現在	3個月	6個月	9個月	12個月
1. 我覺得步行兩層樓梯（上或落）並不費力					
2. 倒垃圾對我來說並不費勁					
3. 我可輕易完成家庭雜務如吸塵和打掃					
4. 我能毫不費力地獨自完成其他家務					
5. 我在沒有幫忙下亦可處理日常活動					
6. 我從較高的廚櫃拿東西或從地上拾起東西亦不會覺得困難					
情緒、能量水平和精神健康					
1. 我自覺較真實年齡年輕					
2. 我自覺獨立					
3. 我自覺精力充沛					
4. 我過著活躍好動的生活					
5. 我自覺強壯					
6. 我的四肢像以往一般活動自如					
7. 我跟其他同齡人士同樣活躍					
<b>總分</b>					

圖表收錄自美國疾病控制中心及塔夫斯大學出版的“Growing Stronger: Strength Training for Older Adults” (2002)

請參閱第22頁計算你的得分。



## Evaluate your score

- **15–24 points:** Your fitness levels are quite low but don't worry, there are simple steps you can take that will make daily activities easier to complete.
- **25–34 points:** You have a low to moderate fitness level. Try increasing the time you spend being physically active and add a new type of activity to your routine each week to boost your motivation.
- **35–44 points:** You have a moderate fitness level, so your physical activity routine is on the right track. To improve your fitness further, try increasing the intensity level that you are working at.
- **45 and above:** You have a very good level of fitness. Varying the activities you do and trying new ones will help keep your physical activity routine interesting.

## If you are currently inactive and scored below 35:

Try to incorporate more physical activity into your day. Begin slowly – add five to 10 minutes of physical activity to your routine each day and work towards the Recommendations of 30 to 60 minutes every day.

Experiment with different activities to find a routine you enjoy. Don't worry too much about intensity right now – listen to your body and do what feels most comfortable. The key at this stage - very simple - is to move more.

## If you are currently active and scored 35 or above:

Keep up the good work! Aim to fill in any gaps in your routine. For example, if you don't currently do any strength or flexibility training, try to add in a session where possible. Also, consider adding new activities: swim or cycle on one of the days you typically walk.

Varying your routine will give a different set of muscle a chance to benefit from activity, as well as decreasing your risk of injury. Finally, think about the intensity level of your activities. If you can complete your routine with ease, it is probably time to increase the intensity.

### *Did you know?*

Besides the health benefits of preventing cancer and other chronic diseases, moving more for at least 30 minutes a day helps you feel and look better. In addition to helping you manage your weight, getting daily physical activity improves your muscle definition and skin tone as well as improving your mood.



### Children and young people

It is important that children are encouraged to lead active lifestyles at a young age. Inactive children are likely to become inactive adults. The government recommendation for children is that they achieve a total of at least 30 minutes of moderate-intensity physical activity each day. This can be in short bursts and spread over the day.



### Staying active throughout life

Older adults should also aim to follow our physical activity Recommendation. Keep in mind, however, that what feels like moderate or vigorous activity will vary depending on your fitness level. Your interest and goals can also vary with age – maintaining or improving balance and functional ability may become your main priority. Or you may prefer group activities for the social benefits that physical activity can bring. Consider trying out one or more of these activities: aqua aerobics, Tai Chi, chair-based strength training, resistance-band strength training, dancing or joining exercise classes in a community centre.

*Contact your local community centre for information on the activities going on in your local area, from exercise classes to dancing groups.*



## 計算你的得分

- **15-24 分**：你的體能水平比較低，但不用擔心，我們會為你提供一些簡單的方法，來讓你更輕易地完成日常的活動。
- **25-34 分**：你的體能水平屬低至中等，試提高你花在運動的時間，並透過每星期加添一項新運動來為你加添動力。
- **35-44 分**：你的體能水平屬中等，你的運動習慣方向正確；要進一步改善你的體能，試試提高運動的強度。
- **45分或以上**：你的體能水平很好，讓你的運動類型變得多樣化及嘗試新的運動，能使你的日常活動更添趣味。

## 若你現在並不活躍，並得35分以下：

試試把更多的體力活動融入你的生活中，逐步每天多加5至10分鐘的體力活動在你的日程中，漸漸達至每天運動30至60分鐘的目標。

嘗試不同的運動來尋找自己的愛好，初開始時不用過份注重運動的強度，要視乎身體的狀況，做自覺最合適的運動，在這個階段最重要的是讓自己比以前更加活躍好動。

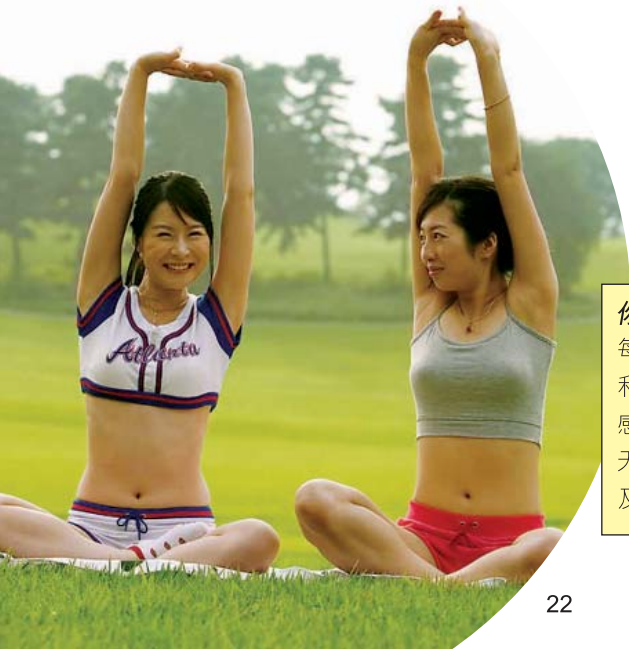
## 若你現在活躍，得35分或以上：

請加油！努力使你的運動日程更趨完善，例如，若你現時未有做任何體力鍛鍊或伸展運動，應儘量嘗試把它們加進日程中。此外，可考慮嘗試新的運動，例如，以游泳或踏單車代替步行。

改變你的運動日程能讓身體的另一組肌肉得到運動的益處，同時亦可減低受傷的風險。最後，想想你運動的強度，若你能毫不費力地完成你的運動日程，或許是你提高運動強度的時候了。

### 你知道嗎？

每天最少運動30分鐘，除可預防癌症和其他慢性疾病外，還可提升自我的感覺及外表。有助控制體重之餘，每天運動還可改善肌肉線條、皮膚彈性及情緒。





## 兒童及青年人

鼓勵兒童從小培養多運動的生活模式至為重要。不運動的兒童有較大機會演變成不運動的成年人。政府建議兒童每天最少進行30分鐘強烈程度中等的運動，可把它分為較短的運動時段並在一天中分散進行。



## 終生持續運動

長者應以跟從本會就體力活動提出的建議為目標。可是，要緊記強烈程度中等或劇烈運動的定義，會因應你的體能狀況而改變。你的興趣和目標亦會因應你的年齡而改變，維持或改善平衡和身體機能可能成為你主要的重點考慮。或許你會較喜愛團體運動，以兼得社交效益。可考慮嘗試以下一種或以上的活動，諸如水中健康舞、太極、座椅上的體力鍛鍊、以健身膠帶鍛鍊體力、跳舞或參加社區中心的運動班等。你可與鄰近的社區中心聯絡，領取更多社區的活動資料，包括運動課程和舞蹈班等。



## Types of activity

There are three basic types of physical activity: **aerobic activity**, **strength training**, and **stretching**. Each one helps your body in a different way. It is best to try to include activities that fall into all three categories during the week as it helps to keep your routine interesting and exercises different muscles around the body.



### Aerobic activity

Aerobic activity is one of the best things you can do to improve your health. It helps your heart and lungs work more effectively. Any activity that raises your heart rate to a higher but safe level and keeps it there for a period of time can be considered an aerobic activity. (See heart rate chart on page 33).

Aerobic activity – also known as cardiovascular or endurance activity – burns calories, too. **It is an important part of maintaining a healthy weight, one of the keys to lower cancer risk.** Aerobic activity can also improve your health in the following ways:

- Improve levels of ‘good’ cholesterol
- Lower blood pressure
- Improve brain function
- Improve mood

Examples of activities that can be aerobic (depending on how much effort you put in) include: brisk walking, cycling, hiking, jogging, dancing, vacuuming and sweeping.

## What you can do

Start with a warm up. Begin slowly and give your body a chance to get used to the new activity. The first few minutes of aerobic activity should be relatively easy.

Listen to your body. Once you are warmed-up, continue your activity at a pace that feels comfortable. Allow five to 10 minutes to cool-down at the end.

Push yourself. When you can complete your routine with ease, start to boost its intensity by either increasing the speed, the distance or the difficulty (e.g. adding a hill to your walking route). Remember: you will get the greatest health benefit from physical activity that is moderate to vigorous.

### Keys to success

- Break it up – you don’t have to do all of your physical activity at once. Fit in 10-minute slots whenever you can. What matters is the amount of activity you clock up throughout the day.





- Seize the moment – take advantage of all the hidden opportunities to add aerobic activities into your day. Take the stairs instead of the escalator, park further away from your destination and walk, or get off the bus two stops early. It is amazing how much physical activity you can fit in by making a few small adjustments to your normal daily routine.
- Keep it fun – find ways to keep physical activity enjoyable. Choose activities that you like and look for ways to spice them up when you get bored. For example, invite a friend along on a day you don't feel like going for a walk alone. The more you enjoy your routine of physical activity, the more likely you are to stick with it.

### **F.I.T.T. for aerobic activity**

**F**requency – fit aerobic activities into your schedule as often as you can. Aim to do some aerobic activity every day.

**I**ntensity – intensity level should be moderate to vigorous. (Check your intensity level with the talk test on page 32).

**T**ime – tally up 30 to 60 minutes throughout the day for aerobic activities.

**T**ype – include a variety of activities that raise your heart rate, such as cycling, walking and swimming.



## 運動的種類

運動可分為三大類別：**帶氧運動**、**體力鍛鍊**及**伸展運動**。每個運動類別均會為健康帶來不同的益處。最理想是於一週的運動日程中包括所有類別的運動，這樣可加添趣味及有助活動身體各組肌肉。



### 帶氧運動

帶氧運動是改善健康其中一種最好的方法，能有助改善心臟和肺部功能。任何能提升你的心率至較高但安全的水平，並在這水平維持一段時間的運動，都可被視為帶氧運動。（心率表請參閱第35頁）

帶氧運動 - 亦稱作耐力運動 - 可燃燒卡路里，是**維持健康體重最重要的一環**，亦是**預防癌症的訣要之一**。帶氧運動亦可透過以下方法來改善健康：

- 增加「好」膽固醇的水平
- 降低血壓
- 改善腦部功能
- 改善情緒

以下活動均可以是帶氧運動（視乎你多努力運動）：急步行、踏單車、遠足、慢跑、跳舞、吸塵、掃地等。

### 你可以怎樣做

以熱身運動作開始 - 慢慢來，讓身體有機會適應新的運動，剛做帶氧運動的首數分鐘應該感覺較容易。

留意身體給我們的信息 - 在熱身過後，以一個令你感覺舒適的速度繼續運動。最後，預留10分鐘時間作鬆馳運動。

敦促自己 - 當你能毫不費力地完成運動日程時，便應開始透過加快速度、提高難度（如：於平日的步行路徑中加插步上山坡）來增加運動的強度。緊記進行強烈程度中等至劇烈程度的運動，會使你的健康得到最大的益處。

### 成功之道

- 把運動時間拆散 - 你無需一次過完成整天的體力活動目標，可以在任何時間加插10分鐘的運動，最重要的是你一天的總運動量。





- **把握時機** - 把握所有隱藏的運動機會，於每天日程中加入一些帶氧運動，如使用樓梯來代替扶手電梯、把汽車停泊在距離目的地較遠的地方、或提早一點下車。你會驚覺只要作出少許的改變，便能把許多運動融入你的日常生活中。
- **保持趣味** - 尋找令你享受做運動的方法，選擇一些你喜愛的運動，以及在你覺得沉悶時，尋找一些方法增加其趣味性。例如，在你不想單獨散步時，邀請一位朋友與你同行。因你越享受運動，便越有可能持續下去。

### **帶氧運動 F.I.T.T.**

**頻率 (Frequency)** - 儘量把帶氧運動滲透入你的日常生活中，以每天均做帶氧運動為目標。

**強度 (Intensity)** - 強度應為中等至劇烈程度（要測試你運動的強度，請參閱第34頁）。

**時間 (Time)** - 你每天花在帶氧運動的時間總計應有30至60分鐘。

**類別 (Type)** - 應包括各類能提高心跳的運動，如踏單車、步行及游泳。



## Strength training

Strength training involves working your muscles against weight or resistance to increase strength. It is sometimes called 'weight training' or 'resistance training'.

Starting around the age of 30, muscle strength decreases by a small amount every year. That's why strengthening exercises are important for everyone, to prevent muscle loss, build new muscle and maintain bone density.

Strength training builds muscle mass, which increases your metabolism. An increased metabolism can help you to burn more calories and maintain a healthy weight. This type of physical activity can help to:

- Reduce body fat and, therefore, reduce cancer risk
- Reduce pain and stiffness associated with arthritis
- Improve glycemic control for people with diabetes
- Maintain bone density to protect against osteoporosis
- Increase 'good' cholesterol and decrease 'bad' cholesterol, reducing risk of heart disease
- Strengthen core muscle to reduce back pain

You can do strength training with free weights (e.g. hand weights, dumb-bells), weight machines, resistance bands or your own body weight.

### What you can do

You need to get your muscles warmed up before you begin strength training. Go for a five to 10-minute brisk walk or do a short routine of exercises, such as star jumps, squats and marching, before you begin.

Listen to your body. Follow a routine that includes five to eight exercises – one for each of the major muscle groups of the body: chest, back, legs, arms, shoulders and abdominals.

Work your muscles on alternate days. You could do one set of muscles, such as upper body, one day and another set, such as the legs, the next. Avoid working the same muscle two days in a row, because they need a day in between to recover and grow stronger.

Pay attention to how each exercise feels. Strength training should challenge your muscles, but it should never be painful. If an exercise doesn't feel comfortable, remove it from your routine.

Push yourself. Once you can complete 12 to 15 repetitions of an exercise with ease – usually after a couple of weeks – start to increase the intensity by gradually increasing the weight. Also consider adding another day of strength training to your programme. You should strength train two or three times each week.

### Keys to success

- Learn the technique – strength training is only effective if done properly. To avoid injury, make sure you are familiar with the proper method for each exercise. There are a variety of books and websites that can guide you through a strength-training programme. You may also consider working with a qualified fitness instructor for a few sessions to be sure you have the right techniques.
- Make it challenging – like aerobic activity, strength training should be done at a moderate to vigorous intensity. You can calculate the intensity of a strength-training exercise by counting the number of repetitions you can complete. You are working at moderate to vigorous intensity if you can complete between eight and 12 repetitions of an exercise. If you can't complete at least

eight repetitions, then the weight you are using is too heavy. If you can complete more than 12 to 15 repetitions, then the weight you are using is too light.

- Schedule it in – treat your strength training session like an appointment. Put it in your calendar as you will be more likely to keep up with your programme if you see it written down.

## F.I.T.T for Strength Training

**Frequency** – fit strength training in two to three times a week.

**Intensity** – intensity level should be moderate to vigorous. You should be able to complete eight to 12 repetitions of each exercise.

**Time** – ideally, your strength training routine should be between 20 to 30 minutes, exercising a range of muscle groups within this time.

**Type** – try a variety of equipment. Free weights, weighted machines, and resistance bands are all good options.



## Stretching

Stretching becomes especially important as you get older, when activities such as reaching above your head and bending over to touch the floor can become more difficult. A regular stretching programme, which works your joints through their full range of motion, can help you to maintain your independence as you age.

A stretching programme, just like a strength-training programme, should include at least one exercise for each of the major muscle groups of the body: chest, back, legs, arms, shoulders and abdominals. Hold each stretch for between 10 and 30 seconds. Try to fit stretching into your routine every day you work out, but be aware that these don't count towards your 30 minutes of physical activity a day.

Remember: you should always stretch your muscles after they have been warmed-up; stretching cold muscles may cause injury. You can stretch after your warm-up, in between sets during your weight-training programme, or at the end of your entire workout. If you need to learn some stretches, there are a variety of books and websites that can show you some effective ones. Or, if you are looking for a unique way to incorporate stretching into your routine, try yoga or Pilates.

*Contact your community centre and the Leisure and Cultural Service Department for details.*



## 體力鍛鍊

體力鍛鍊是透過重量及阻力來鍛鍊肌肉的力量，亦稱作重量訓練或阻力訓練。

從30歲開始，我們的肌肉力量每年均會漸漸下降，因此體力鍛鍊對每個人都重要，可以預防肌肉流失、增加肌肉及維持骨質密度。

體力鍛鍊能增加肌肉量，藉此提高新陳代謝。提高新陳代謝有助燃燒更多卡路里及維持健康體重。這類運動有助：

- 減低體脂，從而減低患癌風險
- 舒緩因關節炎而引起的痛楚和僵硬
- 改善糖尿病患者的血糖控制
- 維持骨質密度從而預防骨質疏鬆
- 提高「好」膽固醇及降低「壞」膽固醇，減低心臟病的風險
- 強化深層肌肉，藉此減低背痛

你可用自由重量器材（如槓鈴和啞鈴）、訓練器械、健身膠帶、或利用自己的體重來進行體力鍛鍊。

### 你可以做什麼

在你開始進行體力鍛鍊前，應先讓肌肉熱身。運動前，可急步行5至10分鐘，或進行短時間的例行運動如跳躍運動、蹲坐及步操等。

留意身體給我們的信息 - 進行一個5至8項的運動日程，其中應包括一項各針對胸部、背部、腿、手臂、肩膀及腹部等主要肌肉群的運動。

隔天鍛鍊你的肌肉 - 你可每天鍛鍊一組肌肉，如一天鍛鍊上身肌肉，第二天鍛鍊腿部。避免連續兩天鍛鍊同一組肌肉，因為肌肉需要一天來復原及變得強壯。

注意每種運動給你的感覺 - 體力鍛鍊應會激發你的肌肉，但是不會造成痛楚。如某一種運動令你感到不適，應把它從你的運動日程中剔除。

敦促自己 - 當你能輕易完成並重覆一組運動12至15次時（一般需要數星期），應開始透過增加重量來提高運動強度，同時，你亦可考慮在運動日程中多加一天體力鍛鍊的運動，每週應進行體力鍛鍊2至3次。

### 成功之道

- 學習技巧 - 只有正確地進行體力鍛鍊才是有效的，確保你熟悉進行每種運動的適當方法來避免受傷。許多書籍和網頁都可助你進行體力鍛鍊計劃，你亦可考慮跟一些認可的健身教練學習正確的技巧。
- 令運動具挑戰性 - 與帶氧運動一樣，體力鍛鍊應為中等至劇烈程度。你可透過計算你能重覆完成進行一項體力鍛鍊的次數來估計其強度。若你每次能完成一組運動8至12次，那麼你所進行的體力鍛鍊屬強烈程度中等至劇烈程度。若你不能重覆完成一組運動最少8次，那麼所用的重量對你來說應是太重；若你能輕易地完成一組運動12至15次，那麼所用的重量對你來說則是太輕。



- 把體力鍛鍊安排到時間表中 - 把體力鍛鍊看作一個約會，把它安排並寫在時間表中，會提高你維持計劃的可能性。

### 體力鍛鍊 F.I.T.T.

**頻率 (Frequency)** - 每星期做2至3次體力鍛鍊。

**強度 (Intensity)** - 強度應為中等至劇烈程度，你應該能重覆每組運動8至12次。

**時間 (Time)** - 最理想是每天做20至30分鐘體力鍛鍊運動，並於這段時間鍛鍊多組肌肉。

**類別 (Type)** - 嘗試不同的器材，如自由重量器材、訓練器材及健身膠帶都是一些好選擇。



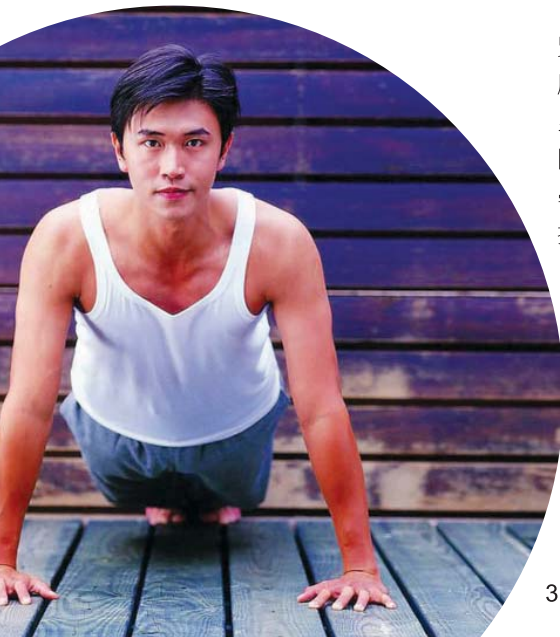
### 伸展運動

隨著年齡增長，你會覺得伸手超過頭部及俯身觸摸地面更加困難，伸展運動對你來說因此變得尤其重要。一個恆常的伸展運動能維持關節各方面的活動能力，有助維持年老時的自理能力。

伸展運動跟體力鍛鍊計劃相同，都應包括最少一項針對胸部、背部、腿、手臂、肩膀及腹部等主要肌肉群的運動，每個伸展動作應維持10至30秒。嘗試在每天運動時加入一些伸展運動，但應注意伸展運動並不計算在每天30分鐘的運動內。

緊記：應在熱身後，才伸展你的肌肉；伸展未經熱身的肌肉會造成損傷。你可在熱身後進行伸展運動，如在每組重量訓練之間，或在完成所有運動後進行。假若你要學習伸展運動，許多書籍和網頁都可為你提供一些有效的例子。如果你希望在日常生活中加入一些特別的伸展運動，你可嘗試瑜珈或普拉提。

詳情可與社區中心或康樂及文化事務署聯絡。



## Exercise intensity – how hard should I work?

The following guide will give you a sense of the intensity level for a variety of common activities:

### Light intensity activities

- Walking slowly
- Swimming, slow breast stroke
- Cycling, leisurely
- Dusting or light housework
- Conditioning exercise or light stretching

### Moderate intensity activities

- Vacuuming
- Walking briskly (3.5mph)
- Golf, pulling or carrying clubs
- Swimming, recreational
- Mowing the lawn
- Tennis, doubles
- Cycling 5 to 9 mph, level terrain, or with a few hills
- Scrubbing floors or washing windows
- Weight-lifting machines, free weights or resistance bands

### Vigorous intensity activities

- Jogging or running (5 mph)
- Swimming laps
- Tennis, singles
- Cycling more than 10 mph, or on steep uphill terrain
- Circuit training with weight machines

### How to measure the intensity of your activity

You can estimate your individual intensity level for an activity by using one of the following methods:

#### Talk test

The talk test is a simple way to estimate the intensity level of any activity. Just try talking or singing during your activity. The intensity level is based on what you can do:

- Light intensity – you will be able to sing while doing these activities.
- Moderate intensity – although breathing harder than normal, you should still be able to carry on a conversation.
- Vigorous intensity – you will have a difficult time talking during these activities. You may become winded or out of breath.

#### Target heart rate

To find your heart rate, turn one hand over so your palm is facing the ceiling. Place the first two fingers of the opposite hand lightly over the thumb-side of the wrist of the hand that is facing the ceiling. Once you find a pulse, count the number of pulses you feel for 15 seconds. Multiply this number by four. This number is your current heart rate. For example, if you count 25 beats over 15 seconds, your current heart rate would be 100 beats per minute ( $25 \times 4 = 100$  bpm).




Use the chart below as a guide to the target heart rate (HR) range for your desired exercise intensity. Your target heart rate is based on your maximum heart rate\*, which is determined by your age.

- Your target heart rate will be between 50 percent and 70 percent of your maximum heart rate during moderate-intensity activities.
- Your target heart rate will be between 70 percent and 85 per cent of your maximum heart rate during vigorous intensity activities.

\* Some blood pressure medications can lower your maximum heart rate. If you are taking blood pressure medications, speak to your doctor to find out if you need to use a lower target heart rate. If your heart rate falls below the moderate-intensity zone, your activity can be considered a light-intensity activity. Remember, you want to build up to doing moderate to vigorous activities for most of your physical activity time.



### Guide to target heart rate (HR) range

AGE	 MODERATE-INTENSITY HR ZONE	VIGOROUS-INTENSITY HR ZONE	MAXIMUM HR
20 years	100-140 bpm	140-170 bpm	200 bpm
25 years	98-137 bpm	137-166 bpm	195 bpm
30 years	95-133 bpm	133-162 bpm	190 bpm
35 years	93-130 bpm	130-157 bpm	185 bpm
40 years	90-126 bpm	126-153 bpm	180 bpm
45 years	88-123 bpm	123-149 bpm	175 bpm
50 years	85-119 bpm	119-145 bpm	170 bpm
55 years	83-116 bpm	116-140 bpm	165 bpm
60 years	80-112 bpm	112-136 bpm	160 bpm
65 years	78-109 bpm	109-132 bpm	155 bpm
70 years	75-105 bpm	105-128 bpm	150 bpm
75 years	73-102 bpm	102-123 bpm	145 bpm
80 years	70-98 bpm	98-119 bpm	140 bpm
85 years	68-95 bpm	95-115 bpm	135 bpm
90 years +	65-91 bpm	91-111 bpm	130 bpm

## 運動的強度 - 我要多努力？

以下的指引能讓你對各類常見運動的強度有一些概念：

### 輕度運動

- 慢步行
- 游泳，慢速蛙泳
- 慢慢地踏單車
- 打掃或簡單的家務
- 保健操或輕度伸展運動

### 強烈程度中等的運動

- 吸塵
- 急步行（每小時3.5英里）
- 打高爾夫球，包括拖拉及攜帶高爾夫球棒
- 消閒游泳
- 剪草
- 網球雙打
- 踏單車（每小時5至9英里，平地或經過幾個山丘）
- 擦地或抹窗
- 訓練器械、自由重量訓練或健身膠帶

### 劇烈運動

- 慢跑或跑步（每小時5英里）
- 來回池游泳
- 網球單打
- 踏單車（每小時10英里以上或上山）
- 以舉重器械作循環訓練

## 如何量度你的運動強度？

你可用以下其中一個方法來評估個人的運動強度：

### 講話測試

講話測試是一個用來評估運動強度的簡單方法，你只要嘗試在運動時講話或唱歌，便可評估運動強度：

- 輕度 - 可在運動時唱歌
- 強烈程度中等 - 雖然呼吸較平常困難，但是你應可繼續講話
- 劇烈 - 在運動時談話困難，你會喘氣或喘不過氣來

### 目標心率

要知道自己的心率，可把手心向上，以另一隻手的兩隻手指放在手心向上的手腕近拇指位置。當你找到脈搏後，數算在15秒內的心跳次數，然後乘以4，這就是你當時的心率。例如：若在15秒內有25次跳動，你當時的心率是每分鐘100（ $25 \times 4 = 100$ 次/分鐘）。



你可用以下的圖表，作為理想運動強度的目標心率指引。你的最高心率會被你的年齡影響，而你的目標心率應以最高心率為基礎計算。

- 當進行強烈程度中等的運動時，你的目標心率應在最高心率的50%至70%之間。
- 當進行劇烈運動時，你的目標心率應在最高心率的70%至85%之間。

\* 某些降血壓藥物會降低你的最高心率。如你現正服用降血壓藥物，應請教醫生是否需要下調你的目標最高心率。

如你的心率在強烈程度中等的區域以下，你的運動應被視作輕度運動。

緊記，漸漸把大部分進行體力活動的時間用來進行強烈程度中等至劇烈的運動，才是你的目標。



## 目標心率範圍指南

年齡



**強烈程度中等的  
心率區域 (每分鐘)**

**劇烈程度的心率  
區域 (每分鐘)**

**最高心率  
(每分鐘)**

20 歲	100-140 次	140-170 次	200 次
25 歲	98-137 次	137-166 次	195 次
30 歲	95-133 次	133-162 次	190 次
35 歲	93-130 次	130-157 次	185 次
40 歲	90-126 次	126-153 次	180 次
45 歲	88-123 次	123-149 次	175 次
50 歲	85-119 次	119-145 次	170 次
55 歲	83-116 次	116-140 次	165 次
60 歲	80-112 次	112-136 次	160 次
65 歲	78-109 次	109-132 次	155 次
70 歲	75-105 次	105-128 次	150 次
75 歲	73-102 次	102-123 次	145 次
80 歲	70-98 次	98-119 次	140 次
85 歲	68-95 次	95-115 次	135 次
90 歲或以上	65-91 次	91-111 次	130 次

## Cancer survivors and physical activity

Cancer survivors are people who are living with a diagnosis of cancer, including those who have recovered from the disease. WCRF HK recommends that anyone who has received a diagnosis of cancer should receive specialist advice from an appropriately trained professional. After treatment, if you are able to do so (and unless otherwise advised), aim to follow our cancer prevention Recommendations for diet, healthy weight maintenance and physical activity.

A growing number of studies have found that regular physical activity helps cancer survivors feel less fatigued. Most of the research has focused on breast cancer survivors, but some studies are looking at survivors of prostate, colorectal and other types of cancer.

In general, physical activity is considered by researchers and oncologists as definitely helpful for everyday functioning and recovery. However, it is very important to check with your doctor if you are a cancer survivor before starting an exercise programme, and to begin slowly.



## Frequently asked questions

**Q: Can physical activity help to prevent all types of cancer?**

**A:** We have convincing evidence that physical activity plays a role in the prevention of colorectal cancer, and probable evidence that it is important for the prevention of postmenopausal breast cancer and endometrial cancer. Physical activity is also key to maintaining a healthy weight, which is a convincing risk factor for many cancers. So, though we don't know yet the specifics for every type of cancer, we do know that physical activity is a safe way to improve your overall health. It is always a good idea to become more active, no matter what type of cancer you are trying to prevent.

**Q: When should I increase the intensity of my routine?**

**A:** Try to engage in moderate to vigorous physical activities most of the time. If your routine is starting to feel easy, it is probably time to increase the intensity. You can double-check by finding your heart rate while you are exercising (see page 33). If it falls below the moderate-intensity zone, you should increase the intensity.

**Q: Can lifting weights help a person at any age?**

**A:** Yes. The same rules apply to anyone who is starting a weight-lifting programme for the first time – no matter how young or old: start with light weights, learn the proper technique and listen to your body. In fact, people who have never participated in a weight-lifting programme stand to gain the most benefit. Weight lifting helps to maintain muscle mass and bone density. It also plays a role in helping older adults maintain their functional independence, preventing falls. It is best to check with your doctor before starting a weight-lifting programme for the first time.

**Q: Is physical activity safe for people over 70 years old?**

**A:** Absolutely. Physical activity is safe for people of all ages. You may want to look for classes that are low impact (such as Tai Chi or resistance training) or specifically geared towards older people if you are less comfortable with high-impact exercise (involving jumping and running). If you have existing health conditions or if you haven't been physically active on a regular basis, you should check with your doctor before beginning to increase your physical activity levels, no matter how old you are.

**Q: I work full-time and sit at a desk all day; how can I reach the physical activity goal of 30 minutes a day?**

**A:** Incorporating physical activity into your normal daily routine is the best way to reach your 30 minutes a day. Try adapting your journey to work and walking part of the way. The 30 minutes doesn't have to be done all in one go; for example, if you park 15 minutes away from work, the brisk walk there and back will bring you up to the recommended daily amount without taking much extra time out of your day.

**Q: My child doesn't seem to enjoy usual garden games such as football or catch, what other activities can I suggest?**

**A:** For children who do not enjoy traditional sports, fun activities that have an energetic element can help ensure that they are meeting the target of at least 30 minutes of physical activity a day. Timed activities involving a range of tasks such as jumping, picking up bean bags, skipping and running can be good fun and make a change to usual activities.

## 癌症倖存者與體力活動

癌症倖存者是指不幸被診斷出患有癌症的人士，包括癌症康復者。世界癌症研究基金會（香港）建議任何被診斷出患上癌症的人士，都應向專業人士尋求專家意見。當完成治療後以及身體狀況許可下（除非有其他的專業建議）應以本會的飲食、健康體重管理和運動的防癌建議為目標。

越來越多研究顯示恆常運動有助癌症倖存者減低疲勞的感覺。大部分這些研究均是針對乳癌倖存者，但亦有一些是有關前列腺癌、大腸癌和其他癌症倖存者的研究。

一般來說，研究人員及腫瘤科專家均認為體力活動對日常身體功能及康復有明顯幫助。可是，癌症倖存者在開始運動計劃前，先向醫生請教是十分重要的，同時亦應慢慢地落實運動計劃。





## 常見問題

**問：體力活動能有助預防所有癌症嗎？**

**答：**有可確信的證據顯示體力活動能預防大腸癌，及很可能預防更年期後婦女的乳癌和子宮內膜癌。體力活動是維持健康體重的關鍵，而體重亦是多種癌症的風險因素。因此，我們雖然暫未知道每種癌症的特性，但是我們知道體力活動是一個能安全地改善整體健康的方法。無論你嘗試預防那種癌症，變得更活躍都是一個好主意。

**問：我應在何時才提高我的運動強度？**

**答：**大部分時間應嘗試進行強烈程度中等至劇烈程度的運動。若你開始對運動日程感到輕鬆，或許這是提高運動強度的時間了。同時，你可用你的心率來測試現時運動的強度（請參閱第35頁）。如你的心率在強烈程度中等的區域以下，你便應提高運動的強度。

**問：舉重對任何年齡的人士都有幫助嗎？**

**答：**是的。對剛剛開始舉重計劃的人士亦一樣，不論你是年青抑或年長，在剛開始時，應嘗試較輕的重量，學習正確的技巧及留意身體給你的信息。事實上，從未舉重的人士定會獲得最大的益處：舉重能維持肌肉量和骨質密度。與此同時，舉重亦有助年長者維持身體的自主能力，減低跌倒的機會。最好是在開始舉重計劃前請教醫生。

**問：體力活動對70歲以上的人士來說安全嗎？**

**答：**絕對安全。體力活動對任何年齡人士都是安全的。若你對包含跳躍及跑步等高撞擊性運動感到沒信心，你可選擇一些低撞擊性的運動如太極或以健身膠帶作鍛鍊。無論你是任何年齡，假若你有任何症狀或沒有定期運動的習慣，在開始運動計劃前都應先請教醫生。

**問：我整天在辦公室全職工作；我可怎樣達到每天運動30分鐘的目標？**

**答：**把體力活動融入你的生活日程中是達到每天運動30分鐘的最佳方法。嘗試改變你的上班路程，並以步行來完成部分路程。你無需連續做30分鐘的運動，例如，你可把汽車停泊在距離辦公室15分鐘的地方，那麼來回急步行15分鐘便可達到每天的建議運動量，你亦無需騰出額外的時間來做運動。

**問：我的孩子並不喜愛一般的體育運動如足球或籃球，我可建議他做甚麼其他運動？**

**答：**對不喜愛傳統體育運動的兒童來說，具有趣味性及充滿活力的活動助他們達到每天運動最少30分鐘的目標，一些需計時及包含一系列任務的活動如跳躍、拾豆袋、蹦跳及跑步等都是一些有趣而與別不同的活動。

## WCRF HK's Recommendations for Cancer Prevention

1. Be as lean as possible without becoming underweight
2. Be physically active for at least 30 minutes every day
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fibre, or high in fat)
4. Eat more of a variety of vegetables, fruits, wholegrains, and pulses such as beans
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats
6. If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day
7. Limit consumption of salty foods and foods processed with salt (sodium)
8. Don't use supplements to protect against cancer

## Special Population Recommendations

9. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods
10. After treatment, cancer survivors should follow the Recommendations for Cancer Prevention

*And, always remember – do not smoke or chew tobacco*

*WCRF HK's healthy eating and lifestyle information is aimed at the general population and is not intended to influence individuals who are following special diets (on medical advice) or who have special dietary or exercise needs. The information contained in WCRF HK's education publications relates to the prevention of cancer. WCRF HK is not engaged in giving medical advice. For advice in specific cases, please consult your doctor or other health advisor.*

## 世界癌症研究基金會（香港）預防癌症的建議

1. 在體重不致於過輕的情況下，越瘦越好
2. 每天最少運動30分鐘
3. 避免飲用含糖的飲品。限制進食熱量密度高的食物（特別是高糖份或低纖或高脂肪的加工食物）
4. 多吃不同種類的蔬果、全穀物和豆類食物
5. 減少進食紅肉（如牛肉、豬肉和羊肉），以及避免食用加工肉類
6. 如要喝酒精飲品，男士每天不應喝多於兩杯，而女士則以一杯為限
7. 限制食用高鹽份的食物和經鹽（鈉）加工的食物
8. 不要使用營養補充劑來預防癌症

## 特別人士的建議

9. 最理想是純以母乳餵哺嬰兒至六個月大，然後加添其他飲品和食物
10. 在治療結束後，癌症倖存者應跟從本會預防癌症的建議

*並請謹記 – 切勿吸煙或咀嚼任何煙草類產品*

世界癌症研究基金會（香港）的健康飲食及生活建議，純粹針對公眾健康人士而制訂，並非旨在為有特殊需要的人士提供個別飲食或運動治療或醫療建議。所有載於世界癌症研究基金會（香港）教育刊物中的內容，乃關係癌症之預防。如閣下有特殊健康需要，建議向醫生查詢。

## About WCRF HK

WCRF HK is dedicated to the prevention of cancer through the promotion of healthy diet and nutrition, physical activity and weight management. WCRF HK is committed to providing cancer research and education programmes which expand our understanding of the importance of our food and lifestyle choices in the cancer process.

This booklet gives information based on WCRF HK's Recommendations for Cancer Prevention developed from the Expert Report: *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective* (2007). The Report, produced by WCRF/AICR, is the largest study of its kind ever published and its Recommendations are based on the most comprehensive review of all the available evidence. WCRF HK is committed to interpreting scientific research in the field of food, nutrition, physical activity and cancer prevention and to translating the results into meaningful and practical advice for the public to follow.

By spreading the good news that cancer can be prevented, WCRF HK hopes that many thousands of lives will be saved. The education and research programmes of WCRF HK are funded almost entirely by donations from the public.

**You can join us in our fight against cancer by making a donation to WCRF HK. Simply go to [www.wcrf-hk.org](http://www.wcrf-hk.org) to make an online donation with your credit card or deposit/transfer your donation to WCRF HK's account at HSBC, account number: 110-845831-838. Alternatively, you can also send us a cheque made payable to World Cancer Research Fund Ltd. Donations of HK\$100 or above are tax deductible with a receipt in HK. Please call 2529 5025 if you require further information. All of us at WCRF HK will be more than happy to answer your questions.**

## 世界癌症研究基金會（香港）

世界癌症研究基金會（香港）致力提倡透過飲食、營養、體力活動及體重控制來預防癌症。本會致力於資助癌症研究和提供教育項目來增加大眾對健康飲食和生活習慣可以減低患癌風險的認識。

本小冊子的內容乃根據世界癌症研究基金會於2007年出版的專家報告「食物、營養、體力活動與癌症預防」內的防癌建議而制訂，此由世界癌症研究基金會全球網絡所出版的報告，是同類研究報告中最大型的，而報告中的建議是根據最全面分析現有的科研證據而制訂。世界癌症研究基金會（香港）致力於詮釋有關食物、營養、體力活動和癌症預防的科學研究，並把研究的結果轉化為有意義和實際的建議讓大眾跟從。

世界癌症研究基金會（香港）希望透過傳遞癌症是可以預防的好消息來拯救數以萬計的生命。本會所提供的研究資助及教育項目均來自社會各界人士的熱心捐款。

**透過捐款資助世界癌症研究基金會（香港），你便可以和本會聯手對抗及預防癌症。只需登入本會網頁 [www.wcrf-hk.org](http://www.wcrf-hk.org) 以信用卡進行網上捐款，或把款項存入 / 轉賬至世界癌症研究基金會（香港）的匯豐銀行戶口，戶口號碼為：110-845831-838，又或郵寄抬頭為「世界癌症研究基金會」的支票到本會辦事處。港幣100元或以上的捐款可憑收據於本港申請免稅，歡迎致電 2529 5025 查詢，我們很樂意為你提供更多資料。**



世界癌症研究基金會(香港)

World Cancer  
Research Fund  
Hong Kong

## WCRF HK Guidelines for Cancer Prevention 世界癌症研究基金會(香港)預防癌症的指引



The choices you make about food, physical activity and weight management can reduce your chances of developing cancer  
你所選擇的食物、體力活動和體重管理可以減低你患上癌症的機會

- choose mostly plant foods, limit red meat and avoid processed meat  
多吃植物性食物，限制進食紅肉及避免食用加工肉類
- be physically active every day in any way for 30 minutes or more  
每天做30分鐘或以上任何類型的運動
- aim to be a healthy weight throughout life  
以終生保持健康體重為目標

And, always remember – do not smoke or chew tobacco  
並請謹記 - 切勿吸煙或咀嚼任何煙草類產品

World Cancer Research Fund Hong Kong (WCRF HK)  
Room 601, On Hong Commercial Bldg, 145 Hennessy Road,  
Wanchai, Hong Kong  
Tel: (+852) 2529 5025 Fax: (+852) 2520 5202  
Web: [www.wcrf-hk.org](http://www.wcrf-hk.org)

世界癌症研究基金會(香港)  
香港灣仔軒尼詩道 145 號安康商業大廈 601 室  
電話: (+852) 2529 5025 傳真: (+852) 2520 5202  
網址: [www.wcrf-hk.org](http://www.wcrf-hk.org)

**“Stopping cancer before it starts”**  
**防癌未然**