

運動的好處已是人所共知，關鍵在於您是否身體力行！

多項研究顯示，缺乏運動與患心臟病的風險增加有關。大部分科學研究發現，不活躍的人士患心臟病的機會較有恆常運動的人士高一至兩倍，而在心臟病發後即死亡的機會更高出三倍。

經常運動的健康生活模式可減低患慢性疾病的機會和減慢因衰老而帶來的影響。

香港人生活緊張，而且工作繁忙，更應多做運動，以領略運動的益處。

經常運動的人可感受到以下的好處。

- 身心舒暢 —
 - 精力更加充沛
 - 改善情緒和心神集中
 - 減少疲勞和紓緩壓力

- 體態更完美 —
 - 助您收緊肌肉
 - 燃燒脂肪
 - 控制食慾

- 強身健體 —
 - 增加好膽固醇
 - 加強心肌
 - 改善血糖水平和降血壓



我應該做些甚麼運動？

利用運動來維持健康，必先領略運動的趣味，否則難以持久下去。

回想以往可讓您舒展身心的運動。若您未能固定每周運動兩次以上，您需要開始做一些較輕易的運動，因為你的體格可能承受不了體力透支的運動。

做運動應循序漸進。舉例說，您可先在每周散步四至六次，每次十分鐘，然後每天一次，並於每星期增加五分鐘步行時間，直至達到三十至四十分鐘。您可因應身體狀況而決定運動量和時間。

一個設計得宜的運動計劃，既可讓您享受箇中的樂趣，也能達致強身健體的目標。

我應該隔多久做一次運動？

甚麼形式的活動也可以，像步行到巴士站、出外買午膳或暢泳十分鐘等。這些活動都能使您保持活躍和健康。

目標是每星期運動五至六次，每次三十分鐘，並使您輕微喘氣。

輕微的喘氣即表示您可以一邊運動及一邊與人交談，不覺得辛苦。最好能於一星期內參與不同類型的運動，如游泳、步行和健身。

如果您想減肥，便須作較長時間的運動，以增加身體消耗的能量（更多卡路里）。建議減肥運動的時間為每節四十五至六十分鐘，包括熱身、主運動和舒緩運動，別忘記做伸展動作。

如果您不能付出這些時間，做一點總好過完全不做。雖然運動量減少便需要較長時間來達致目標，但始終會見成效。

只需定期運動便可!!!

我應否做伸展運動？

當然應該。保持身體的靈活度和防止關節受傷都是十分重要的。

您可在運動期間隨時進行伸展運動。在開始運動前進行，可喚醒身體肌肉；運動後進行，則可提升肌肉的活動。



我應在甚麼時候開始運動？

您現在可由「輕量的運動」開始，每天三次，每次十分鐘。您可在日常生活中有選擇的情況下「捨易取難」，如：

- 放棄乘搭電梯，改行樓梯。
- 提早一個巴士站下車，然後步行至工作地點。

這些都是您現在可即時開始的計劃。謹記經常留意身體的狀況，當運動期間感到疲勞、痛楚或呼吸困難時，便應停止。

您可在日曆上記錄運動的日期，查看努力的成果，並提醒自己持之以恆。

若您有意進行更全面的運動計劃，應先向醫生諮詢，評估您的健康水平，以制定實際的目標。

高難度或艱辛的運動未必奏效，定期運動才最重要。

明德國際醫院設有營養師諮詢服務、運動顧問計劃、Heartscans 和健康普查服務，讓您盡早發現健康的問題，以便及早治療。查詢詳情，請電 **2849 0188**。



Use it or Lose it, you have heard it, now believe it.

Several studies have suggested that lack of exercise is associated with an increased risk of heart attacks. Most scientific research has found that compared to physically active people, inactive people have 1 to 2 times higher risk of having a heart attack. Chances of immediate death after a heart attack are also 3 times higher in physically inactive people.

An active lifestyle improves your overall health and well-being by reducing the incidence of a number of chronic diseases and slows down the effect of aging.

Especially for people living in Hong Kong with very high stress levels and busy lifestyles, it is even more important to do exercise regularly. The benefits are there for you if you try it.

These are the benefits often experienced by people who exercise regularly.

- Makes you feel better -
 - Gives you more energy
 - Improves your mood and mental concentration
 - Reduces your fatigue and your stress level.
- Makes you look better -
 - Tones your muscles.
 - Burns fats.
 - Helps control your appetite.
- Makes you live better -
 - Increases your good cholesterol level.
 - Strengthens your heart muscle.
 - Improves control of blood sugar level and lowers blood pressure.



What sort of exercise should I do?

Exercise for your health must be enjoyable. If you don't enjoy it you won't stay with it.

Think about an activity that you enjoyed in the past. If you have not regularly exercised more than twice a week, then it is likely you will be not fit. You have to start off on a program that your body can cope with.

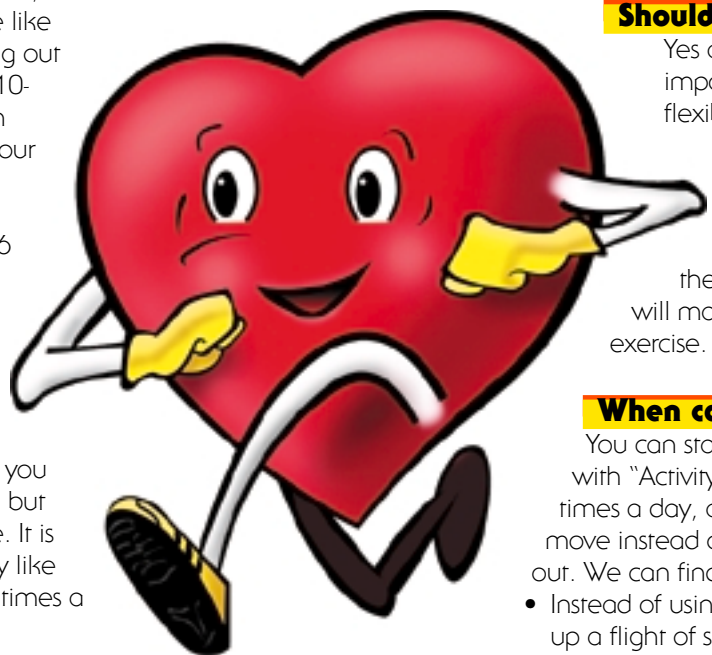
Take your time, for example start off with walking just 10 minutes 4-6 times a week and then increase it by 5 minutes a day each week till you reach 30 - 40 minutes. This pattern will depend what you can fit in.

Forget the old saying "no pain, no gain"; it has no place in a sensible exercise program.

How often should I exercise?

Any form of activity is good, and the little bites of exercise like walking to the bus, going out for lunch or going for a 10-minute swim will help in keeping you active for your health.

The aim is to exercise 5-6 days a week for 30 minutes, at a level that is lightly puffing. Lightly puffing means that you can exercise and still have a conversation. Therefore you know you are exercising but you still feel comfortable. It is good to vary your activity like swimming or walking 3 times a week.



If weight loss is your goal, it is beneficial to exercise for longer periods to promote the body's use of energy (extra calories). The recommended duration for weight reduction is 45 - 60 minutes a session. Remember the session should include a warm up, an active period and a cool-down. Don't forget to include some stretching.



If you can't manage that amount of time, doing anything is better than nothing. It may take longer time for you to reduce the excessive weight, but it will work.

JUST KEEP AT IT on a regular basis!!!!

Should I stretch?

Yes absolutely, it is very important to maintain flexibility and prevent injury to our joints. You can stretch as often as you like at the beginning, a gentle stretch wakes up the body and at the end, it will maximise your muscle exercise.

When can I start?

You can start right now, by starting with "Activity Bites," - 10 minutes 3 times a day, and making the effort to move instead of taking the easy way out. We can find alternatives, such as -

- Instead of using the escalator, walk up a flight of stairs.

- Getting off the bus a stop earlier and walk the last stretch to work

These are things you can do right now. Remember to always listen to your body and respect the feelings of fatigue, pain or shortness of breath.

Record your exercise on a calendar, so you can see your efforts and will be reminded to keep on going.

If you are keen to take a comprehensive exercise programme, it is best to speak with your doctor first, so that realistic goals can be set and your fitness level can be assessed.

Effective exercise does not have to be hard or difficult, it just has to be regular.

The Matilda International Hospital offers dietary consultation, exercise programme advice, heartscans and full health screening which allows for early detection and effective management of your risk factors. For more information phone 2849 0188.



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齊來討論

運動