愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

恆常運動
Regular Physical Activity

Make regular exercise your way of life. Enjoy stronger health and mind.
Never too late to start good exercises for a healthy life.

現代生活中，大部份人被工作纏身，容易養成多坐少動的生活方式。缺乏運動是導致心臟病的主要因素，所以要增加每日的活動量，最實際方法是讓運動融入你日常生活中。In modern life, most people are preoccupied with work. They are prone to develop a sedentary lifestyle. As physical inactivity is one of the major lifestyle risk factors that cause heart disease, incorporating physical activity into daily life is the way to protect yourself against heart diseases.

- 上下班時，可提早下車，作短距離的步行，平日亦可多走樓梯，減少乘升降機及流動電梯。Walk more by getting off the transportation earlier and taking stairs instead of using lifts or elevators.
- 午膳後，散步或隨輕柔的音樂節拍做運動，既寫意又可舒展筋骨。Go for a walk or do some mild exercise while listening to music after lunch for refreshment and relaxation.
- 站起來聽電話或可在原地踏步。Stand up or walk to and from while on the phone.
- 18至64歲健康的成年人，每星期應進行最少150-300分鐘中等強度的帶氧體能活動；或最少75-150分鐘劇烈強度的帶氧體能活動；或最少相等於混合中等和劇烈強度活動模式的時間。Healthy adults aged 18-64 years should do at least 150-300 minutes of moderate-intensity aerobic physical activity; or at least 75-150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity througout the week.
- 晚上可主動陪子女一起緩步跑或步行，增進親子關係。 Go jogging or strolling with your children in the evening to maintain a closer relationship with them.
- 看電視時，減少用遙遠控制器，而且不妨在廣告時段，站起來作一些伸展（如彎腰、提腿）等運動代替靜坐。Avoid using the remote control while watching TV. Stand up and do some stretching exercise (for example bending your waist, lifting legs) instead of sitting during commercial breaks.
- 與家人、朋友一起編制時間表，作定期性運動（如打羽毛球、乒乓球），來培養個人對運動的興趣及漸漸養成做運動的習慣。Draw up a schedule for regular exercise (for example playing badminton, table tennis) with friends or family members to develop your interest in exercising and make it a habit.
- 假日多安排一些老少咸宜之戶外活動（如到家樂徑步行，與孩子一起放風箏）。Engage in outdoor activities (for example hiking, kite-flying) with family members during holidays.
- 對於不擅長做運動和年紀比較大的人士，建議從進行少量體能活動開始，然後逐漸增加活動的頻率、強度和持續時間。For those who are not good at exercise and are older, it is recommended to start with a small amount of physical activity and gradually increase the frequency, intensity and duration of the activity.
- 做運動前，如有疑問，應請教你的醫生。Consult your doctor if there is doubt or questions before starting the exerise programme.

運動融入生活中，身心暢快更輕鬆
有益運動不怕遲，健康生活可達致

香港防癆心臟及胸病協會
Hong Kong Tuberculosis,
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