

## 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
- 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

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。如果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					
<b>情緒、能量水平和精神健康</b>					
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)

計算你的得分。



## 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。

### 你知道吗？

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。



## Think FITT!

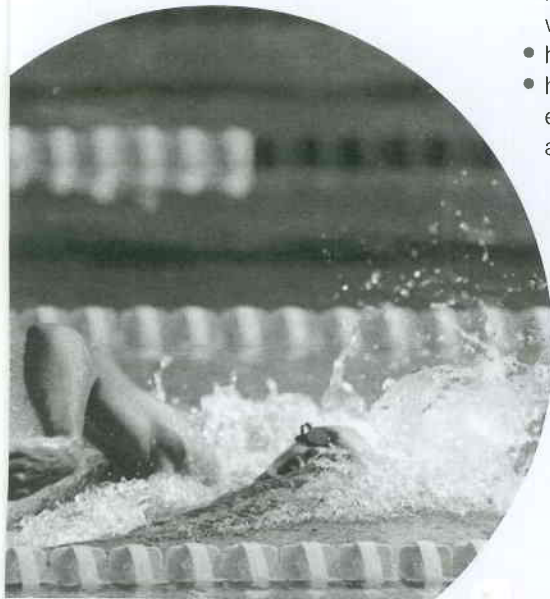
Think **F.I.T.T.** These four letters can help you to make the most of your daily physical activities.

**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
- 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 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.

Find your fitness level					
Scoring: Rarely – 1 point; Sometimes – 2 points; Usually – 3 points; Always – 4 points.					
Mobility and daily activities	Now	3 months	6 months	9 months	12 months
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					
Mood, energy level, and mental health					
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



## 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.

