

# Tips for Fitting in Fitness

## 健身小秘訣

**It can be challenging to find time to reach your fitness goal. Here are some tips you can try.**

如果您覺得找時間健身達到您的健身目標有一定的難度，您可嘗試以下小貼士。

1

### Fitting in fitness while you're on the move

在移動的過程中，把握機會設法多運動

- Get off the bus or train one stop early. Walk the rest of the way.  
乘坐巴士或地鐵時可提前一個站下車。步行的方式完成剩下的路程
- Park your car farther from your destination.  
把你的車停遠一點，多走一段路
- Take the stairs instead of the elevator.  
走樓梯代替搭電梯
- Walk or ride your bike to get to your destination.  
用步行或騎自行車的方式到達目的地



2

### Fitting in fitness while watching TV

看電視時可適當地做運動

- Dance, or do side steps. 跳舞，或做踢腳運動。
- Lift weights, or use resistance bands. 舉重或使用阻力帶
- March or jog in place. 在原地踏步或慢跑
- Pedal a stationary bike, or walk on a treadmill  
踩固定自行車，或在跑步機上慢走



3


### Fitting in fitness while doing chores or running errands

在完成工作後或空閒時間，嘗試多做運動

- Ask family and friends to pitch in so you have more time to be active. 邀請家人和朋友一起參與，讓你更有動力和時間可以投入運動
- Move briskly while you mow your lawn with a push mower 當你推割草機割草時，身體可以同時慢慢地一起移動
- Rake your lawn, weed your garden, or shovel snow 在花園耙草，除草或鏟雪
- Shop 逛街購物
- Sweep or mop your floor, carry laundry, or vacuum 掃地或拖地，洗衣或吸塵
- Walk your dog 遛狗
- Wash your car 洗車



Visit our website, Facebook page, and YouTube channel to learn more about various health topics!

 [aamgdoctors.net](http://aamgdoctors.net)

 [tinyurl.com/AAMGYouTube](https://tinyurl.com/AAMGYouTube)

 [facebook.com/DoctorsAAMG](https://facebook.com/DoctorsAAMG)

### Fitting in fitness while socializing 在社交時，盡量多安排涉及運動的活動

- Go out dancing with your friend or partner.  
和你的朋友或伴侶一起跳舞
- Join a walking club, golf league or soccer club  
加入步行會，高爾夫球會，或足球會
- Play soccer, or kickball with your kids or grandkids.  
與你的孩子或孫子一起踢球
- Push your child or grandchild in a stroller.  
把你的小孩或孫子放到嬰兒車裡，然後推嬰兒車
- Take a fitness class. 參加健身課
- March in place, walk, climb stairs, or pedal a stationary bike while on the phone.  
一邊與朋友通電話，一邊散步，走路，爬樓梯或踩固定式自行車
- Walk with a family member or friend. 與家人或朋友一起散步



### Fitting in fitness at work (if you have a desk job) 在工作中，尋找合適的健身機會（如果你在辦公室工作）

- Ask your co-workers to hold stand-up meetings. 與同事商量安排站立會議
- Join a nearby gym. Stop off before or after work, or go during your lunch break.  
加入附近的健身房。可在工作之前或之後，或者在午休時間去附近的健身房
- Sit on a fitness ball, instead of a chair. 坐在健身球上，而不是椅子上
- Take a brisk walk during your coffee or lunch break. 在小休或午餐時間散步
- Take part in a fitness program at work. 參加公司的健身計劃。
- Talk to coworkers in person, instead of emailing them. 親自與同事交談，而不是通過傳發電子郵件
- Use a copy machine on the other side of the building. 可走到大樓的另一側去使用複印機
- Walk around or march in place while talking on the phone. 在講電話時可來回走動

### Fitting in fitness anytime 可在任何時間健身

- Break your 150 minutes into 10-minute chunks  
把 150 分鐘分成 15 次，每次 10 分鐘
- Schedule it. Put it on your calendar, and make it as a priority. 預先安排運動時間，然後記錄在日曆上，並把它視為一個優先事件
- Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or have dinner 30 minutes earlier so you can walk after dinner 調整你的日程安排。比如，提早 30 分鐘起床，以便在上班前散步。或者提前 30 分鐘吃晚餐，以便晚餐後散步
- Use a fitness app or tracker. These help you make the most of your time. 使用健身應用程式或追蹤器。這些可以幫助您充分地利用時間