

All About Physical Activity

WAYS TO STAY HEALTHY AND HAPPY



Why do I need to exercise?

- Control blood pressure and sugar, cholesterol & weight
- Prevent heart diseases, colorectal and breast cancer, and Type 2 Diabetes
- Improve sleep and strengthen bones, muscles, and joints
- Improve your mood and prevent depression
- Prevent falls and reduce joint pains

Adults need at least 150 minutes of exercise per week



How do different exercises benefit me?

- **Aerobic** - increase your rate of breathing and heart rate, such as walking
- **Weight Bearing/Strengthening** - strengthen the muscles, such as push ups
- **Balance** - improve your balance and help you prevent falls, such as Tai Chi
- **Flexibility** - improve your body flexibility and endurance, such as Yoga

You could do 10 minutes at a time, 3 times per day, for 5 days




How do I get started?

- Start slowly and gradually on an exercise that you like with companions
- Set SMART goals (Specific, Measurable, Attainable, Realistic & Timeline)
- Do weight bearing exercises to strengthen your muscles

Consult with your physicians about the right exercise for you



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運動知多少

運動讓你更健康快樂！



我為什麼需要做運動？

- 幫助您控制血壓、血糖、膽固醇和體重
- 預防心臟病、大腸癌、乳腺癌和二型糖尿病
- 改善睡眠質素，增強骨骼、肌肉和關節的健康
- 改善你的情緒，預防抑鬱症
- 防止跌倒，減輕關節疼痛

成人每周需要至少150分鐘中等強度的運動



不同類型的運動對身體有什麼好處？

- **有氧運動** - 提高心率和呼吸頻率，例如：步行
- **承重訓練** - 增強肌肉和骨骼健康，例如：俯臥撐
- **平衡訓練** - 增強平衡感，預防跌倒，例如：太極
- **靈活性訓練** - 提高你的身體靈活性和耐力，例如：瑜伽

要達到目標：從十分鐘逐步開始，每天三次，持續五天




如何開始做運動？

- 尋找自己喜愛的運動和運動同伴，並從簡單的運動開始做起
- 制定具體、可衡量、可實現的目標
- 做承重運動來增強肌肉力量

向您的醫生諮詢適合您的運動



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