



中國香港體適能總會

Physical Fitness Association of Hong Kong, China

# 全民健體操

## Easy Fitness Exercise For All

為鼓勵市民在日常生活中多做運動，康樂及文化事務署特地邀請中國香港體適能總會設計「全民健體操」。全套健體操共分八式，簡單易學，不受場地限制，大家可以隨時練習。

To encourage people to do more physical exercise, the Leisure and Cultural Services Department invited the Physical Fitness Association of Hong Kong, China to design a fitness routine, named "Easy Fitness Exercise for All". Simple and easy to learn, the routine consists of eight exercise which can be done anytime, anywhere.



### 運動須知

做運動前，最好先請教醫生，了解自己的身體狀況。進行計劃時，須注意下列事項：

- ✓ 選擇適合自己體能的運動，量力而為；
- ✓ 在空氣流通和溫度適中的環境下進行運動；
- ✓ 穿著合適的運動服裝和運動鞋；
- ✓ 動作切勿過大或太快，特別是進行頸部、腰部和雙膝的運動；
- ✓ 運動時要保持呼吸暢順；
- ✓ 運動時如感到不適，可放緩動作或稍作休息，若情況沒有改善，須請教醫生，以策安全；及
- ✓ 如需要進一步的運動建議，可請教體適能導師。



### Notes for Doing Exercise

Consult your physician and understand your following points when exercise;

- ✓ choose the right exercise that suits your physical ability and strength;
- ✓ exercise in an environment with good ventilation and suitable temperature;
- ✓ wear appropriate sportswear and sports shoes;
- ✓ do not make any drastic or abrupt movements, particularly when the exercise involves the neck, waist and knees;
- ✓ breathe naturally while doing exercise;
- ✓ if you feel unwell when doing exercise, you should slow down or take a rest, if the unwell condition persists, you should consult your physician for safety sake; and
- ✓ Consult your fitness instructor for further exercise recommendations.



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### 踏步轉腕

- 原地踏步，同時轉動手腕。
- 持續運動15至20秒。
- 讓心血管、呼吸、神經和肌肉骨骼系統適應做運動。

### March with wrist potation

- March on the spot, rotating tour wrists.
- Continue for 15 to 20 seconds.
- Get your cardiovascular, respiratory, nervous and musculoskeletal systems ready for exercise.



### 開合雙臂

- 提高膝部，原地踏步；雙臂向橫伸直，盡量向後伸展，然後雙臂微曲，在胸前交疊。
- 持續運動15至20秒。

### Arm Swings

- Marching on the spot with high knees, extend both arm horizontally backwards as far as possible, then bend your elbows and cross your arms in front of your chest.
- Continue for 15 to 20 seconds.



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### 蹲腿

- 兩腿分立，稍寬於髖部。
- 吸氣，微微蹲腿，雙臂同時前伸以助平衡；呼氣，回復原來站姿。
- 按能力連續或分段重複動作10至15次。
- 下蹲幅度切勿過大，以免膝痛。



### Squat

- Stand with your feet slightly wider than hip-width apart.
- Inhale and slightly bend your knees, with your arms stretched out in front for balance. Exhale and return to the starting position.
- Depending on your physical condition, repeat 10 to 15 times continuously or at intervals.
- Do not squat too low as this may cause knee pain.



### 提踵推肩

- 兩腿分立，稍寬於髖部。雙臂提起至與地面平行，手肘屈曲90度。
- 呼氣，抬起雙腳腳跟，雙手同時向上推，直至手肘微曲；吸氣，回復原來姿勢。
- 按能力連續或分段重複動作10至15次。
- 緊記保持平衡。



### Heel Raise with Shoulder Press

- Stand with your feet slightly wider than hip-width apart. Raise your arms out to the sides until your upper arms are parallel to the ground, bending your elbows to 90 degrees.
- Exhale and raise your heels, pushing your arms upwards until your elbows are only slightly bent. Inhale and return to the starting position.
- Depending on your physical condition, repeat 10 to 15 times continuously or at intervals.
- Keep your balance throughout the exercise.



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### 後跨步

- 兩腿分立，稍寬於髖部。
- 左腳踏後一步，膝部伸直，腳跟着地。右腳屈曲，蹲下身體。
- 回復原來站姿。
- 換腿重複上述動作，兩腿交替持續運動15至20秒。跨步幅度可按能力調整。

### Backward Lunge

- Stand with your feet slightly wider than hip-width apart.
- Take a step backwards with your left foot, keeping the knee straight with the heel touching the ground. Bend your right leg and lower your body.
- Return to the starting position.
- Repeat with the other leg. Continue for 15 to 20 seconds with alternate legs. The length of the steps may be adjusted according to your physical condition.



### 前跨步屈臂

- 兩腿分立，稍寬於髖部。
- 吸氣，左腳踏前一步，屈膝，蹲下身體，同時屈曲雙臂；呼氣，回復原來站姿。屈腿幅度切勿過大，以免膝痛。
- 換腿重複上述動作。
- 按能力連續或分段重複動作10至15次。

### Forward Lunge with Arm Curl

- Stand with your feet slightly wider than hip-width apart.
- Inhale and take a step forwards with your left foot. Bend the knees and lower your body, curling your arms at the same time. Exhale and return to the starting position. Do not bend your legs too much as this may cause knee pain.
- Repeat with the other leg.
- Depending on your physical condition, repeat 10 to 15 times continuously or at intervals.



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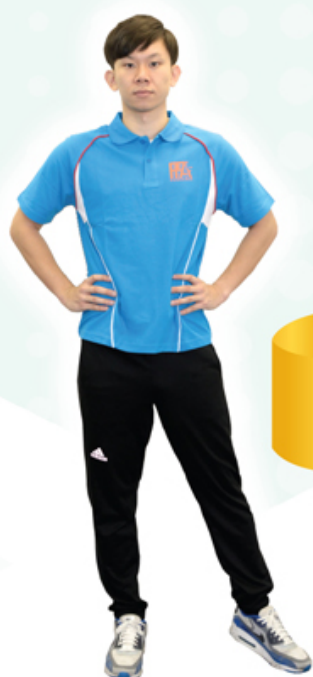


### 開合腿

- 兩腿分立，稍寬於髖部。
- 呼氣，左腳向外踏；吸氣，回復原來站姿。全程盡量保持腰腹挺直。
- 左腳先做10至15次，轉用右腳重覆動作。

#### Step Touch

- Stand with your feet slightly wider than hip-width apart and arms akimbo.
- Exhale and step sideways with your left foot, then inhale and return to the starting position. Keep your back and stomach flat throughout the exercise.
- Take 10 to 15 steps with your left foot, then repeat with your right foot.



雙手叉腰。



### 踏步深呼吸

- 原地踏步，同時深呼吸。
- 持續運動15至20秒。
- 可緩和心血管、呼吸、神經及肌肉骨骼系統，讓身體在運動後逐漸恢復正常狀態。

#### March with Deep Breaths

- March on the spot, breathing deeply all the time.
- Continue for 15 to 20 seconds.
- Helps your cardiovascular, respiratory, nervous and musculoskeletal systems to cool down after exercising.



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