香港紅十字會
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MOVE YOUR BODY

According to the Department of Health's published 2023 Annual Health Behavior Survey Report, close to 15% of individuals aged 18 or above do not engage in sufficient physical activity. Over 30% of adults report sitting or lying down for 8 hours or more each day. Engaging in adequate physical activity and cultivating a healthy lifestyle are essential to maintaining good health.

Types of Exercises

Cardiovascular Endurance Exercise (Aerobic Exercise)

- Relies on oxygen metabolism to burn fat and expend calories continuously.
- Exercise duration: At least 30 minutes
- Moderate intensity (able to breathe heavily but still able to speak)
    - Examples: brisk walking, hiking, jogging, cycling, and swimming

Strength Training/Resistance Exercise

- Enhances the strength, explosiveness, endurance of skeletal muscles, and overall physical performance.
- Prevents injuries in daily activities
- Delays muscle degeneration
- Improves muscle strength and endurance
    - Examples: resistance bands, dumbbells, weightlifting equipment that involves resistance training

Stretching Exercise

- Increases the flexibility of muscles, tendons, and ligaments.
- Enhances joint mobility
- Improves performance in activities
- Reduces the risk of muscle and soft tissue injuries
- During stretching, avoid excessive range of motion (should not feel intense pain)

APPROPRIATE EXERCISE

- Adults aged 18 and above should engage in at least 150 minutes of moderate-intensity aerobic physical activity per week, or at least 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of the two activity modes.

SIMPLE METHODS FOR MONITORING EXERCISE INTENSITY

• Talk Test

Light intensity	If you are able to sing while doing the activity
Moderate intensity	If you are able to carry on a conversation comfortably while engaging in the activity
High intensity	If you become winded or out of breath when carrying on a conversation

• Rating of Perceived Exertion Method

By assessing one's own sensations during exercise (heart rate, breathing, sweating, muscle fatigue, etc.), estimate and control exercise intensity. Most individuals should aim for a perceived exertion level between 5 and 7.

Precautions During Exercise

- Choose a suitable place for exercise
- Select exercises that suit your physical abilities and pace yourself
- Wear appropriate exercise clothing and footwear
- Start with simple exercises and progress gradually
- Perform adequate warm-up and cool-down exercises before and after exercise
- Avoid holding your breath during exercise
- If you feel uncomfortable during exercise, slow down or take a short break; if the situation does not improve, seek immediate assistance from a doctor or other healthcare professionals

References:
Leisure and Cultural Services Department
Department of Health

Editor:
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The above information is for reference only.
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