香港紅十字會
HONG KONG RED CROSS

2025-AUG

Health Express
Issue168

Health-related Physical Fitness

"Physical Fitness"refers to the ability of the body to adapt to external environment and cope with daily activities. Good physical fitness not only enables a person to carry out daily works, but also gives him / her extra energy to enjoy leisure, ensuring the body can adapt to unexpected environmental changes and daily pressures. There are two kinds of physical fitness, namely Health-related Physical Fitness and Sports-related Physical Fitness.

Health-related Physical Fitness

Purpose:
To have a healthy body that supports a good quality of life.

5 Elements:

- Cardiorespiratory endurance (heart and lung capacity)
- Muscular strength and endurance
- Flexibility (joint mobility)
- Body Composition (fat and weight ratio)
- Neuromuscular relaxation (ability to relax muscles)

Sports-related Physical Fitness

Purpose:
To enhance sports performance and competition results.

Elements:

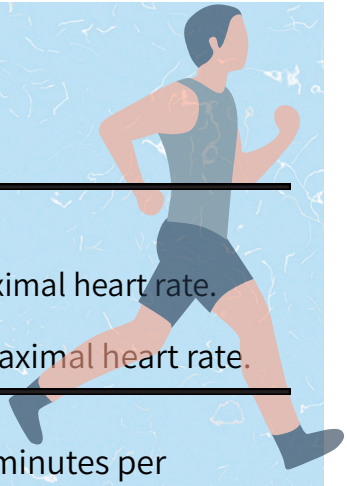
- focuses on abilities linked to athletic performance, like speed, agility, balance, coordination, and explosive power.

How to Improve Physical Fitness

Three training methods to improve physical fitness levels, thereby maintaining and enhancing health:

1. Aerobic Exercises
2. Stretching Exercises
3. Resistance Training

THE TRAINING PRINCIPLES OF AEROBIC EXERCISE



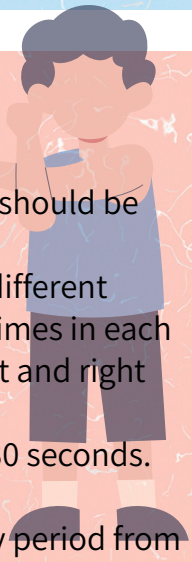
Frequency:
minimum 3 days (better 5 days) per week.

Intensity:
Initial stage:
Maintain target training heart rate within moderate intensity of 65 –75% of maximal heart rate.
Subsequent stage:
Maintain target training heart rate within vigorous intensity of 76 - 95% of maximal heart rate.

Time:
30 –60 minutes per session (can be done in segments with no less than 10 minutes per segment)

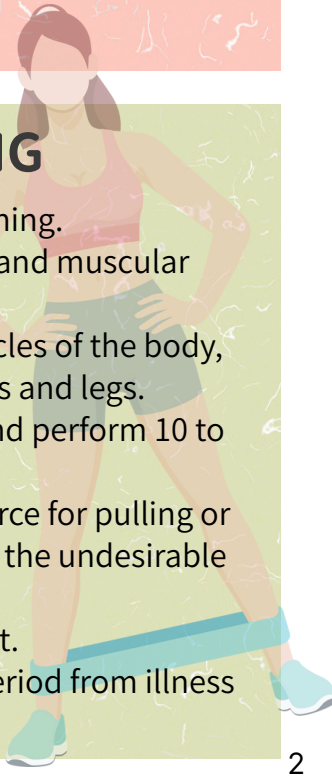
Type:
Rhythmic and repetitive movements of major muscles, such as swimming, hiking, walking, jogging, cycling and dancing.

BASIC GUIDELINES FOR STRETCHING EXERCISES



- Try to wear loose outfits when doing stretching exercises.
- Avoid exceeding, twitching or ballistic stretching exercises. Static stretching exercise should be chosen as a safer and more effective way to improve flexibility.
- Stretching training is best done for three or more days per week to target on 8 to 10 different major parts of the body. The stretching movement for each part is best repeated for 4 times in each training session. Please note that stretching training should be done evenly on both left and right joints.
- During the static stretching exercises, muscles should be slightly stretched for 15 to 30 seconds. Breathing should be kept smooth during the whole process.
- Professional supervision is required for all the stretching training during the recovery period from illness and injury, and in the case of joint pain and pregnancy.

BASIC GUIDELINES FOR RESISTANCE TRAINING



- Try to wear loose outfits. Do warm-up stretching exercises before resistance training.
- Resistance training should be done progressively, improving muscular strength and muscular endurance in a safe and effective way.
- Resistance training is best performed 2 to 3 days per week, targeting major muscles of the body, including chest, shoulders, upper back, waist and back, abdomen, buttocks, thighs and legs.
- During each training session, perform 2 to 4 sets for each target muscle group and perform 10 to 15 repetitions for each set.
- Breathing should be kept smooth during the exercise: exhaling when exerting force for pulling or pushing, and inhaling slowly when returning to original positions. This can reduce the undesirable reactions from the cardiovascular system induced from holding breath.
- After each training session, do stretching exercises as cool-down and adjustment.
- Professional supervision is required for all resistance training during recovery period from illness and injury, and in the case of joint pain and pregnancy.

References:
Leisure and Cultural Services Department

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