



TERRIFIC, Inc.'s

Asian Pacific Islander Senior Center
亞太裔長者中心

Healthy Exercise for "Stay-at-home" 居家健康運動手冊

中心職員(李小姐)會在居家實施期間，每星期四早上 10 時 30 分至上午 11 時，會透過電話會議，為您作出指導及跟進
API Staff (Tracy) would hold up a conference call for follow-ups and instructions upon the content of this booklet for every Thursday from 10:30am – 11:00am during the "Stay-at-home" order in effect.

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為自己度身訂造運動計劃」- 長者及護老者適用

問 1: 應如何開始我的運動計劃呢?

答: 只要將運動安排為每天生活的一部分，就可以逐漸改善你的身心健康。長者可根據自己的身體狀況、興趣來釐定目標，循序漸進，量力而為，並持之以恆。初開始運動人士，應選擇較輕量之運動，初期每節的運動時間亦不可太長，建議由十至十五分鐘開始，避免操之過急而引至受傷。每次正式運動前要做熱身及伸展運動，運動後也要做緩和及伸展運動。

問 2: 哪類運動最適合長者?

答: 任何運動只要符合安全守則，不用太劇烈，並且能夠令你持之以恆及享受箇中樂趣，便算是好的運動。此外，結伴一起做運動，更可增添樂趣及有助互相照應。若要獲得較全面的運動益處，長者日常的運動應包括三類基本的運動元素：中等強度帶氧運動、強化肌肉運動和伸展運動。另外，也鼓勵長者做平衡鍛煉運動。

問 3: 可否提供一些不同種類運動的例子?

答: 長者可參考以下不同類別運動的例子：中等強度帶氧運動：例如游泳、健步行、太極拳、健身單車等。強化肌肉運動：例如踢沙包、舉水樽、掌上壓、器械蹬腿等。伸展運動：例如四肢及腰頸部位的伸展運動、瑜珈等。平衡鍛煉運動：例如社交舞、太極拳等。

問 4: 我要做多少運動才算足夠?

答: 中等強度帶氧運動：每周應完成至少 **150** 分鐘；以每天運動 **30** 分鐘為例，每周就要做至少 **5** 天，而每天的運動可以一節完成或以幾節不少於 **10** 分鐘的短節來累積。若體能許可的話，世界衛生組織亦建議長者可循序漸進地將每周的運動累積至 **300** 分鐘以獲得更多的健康效益。強化肌肉運動：每周應隔天做 **2-3** 天，並且包括 **8-10** 組主要的大肌肉。伸展運動：每周 **2** 節或以上，每節不少於 **10** 分鐘。



References

The Department of Health, HKSAR Government. (2020, April 15). "Create Your Own Exercise Program" - for both Elders & Caregivers. Retrieved from Healthy Ageing: https://www.elderly.gov.hk/english/healthy_ageing/exe_leisure_travel/create_your_own_exercise_program.html

"Create Your Own Exercise Program" - for both Elders & Caregivers

Q1: How should I start my exercise program?

A: Once you have included exercise in your daily life and kept exercising according to your own ability and target, your physical and mental health will improve gradually. For beginners who have not been doing exercise, you should start with exercise of milder intensity and shorter duration (e.g. 10 to 15 minutes for each session) so as to reduce the risk of injury caused by progressing too fast. Besides, every workout should begin with warm-up and stretching exercise, and end with cool-down and stretching exercise.

Q2: Which type of exercise is the best?

A: Any exercise which is safe, enjoyable, and not too strenuous is good for elders. It is more enjoyable and safe if you exercise with your friends. Moreover, elders should include 3 major types of exercise in order to gain more benefits from exercise; they are - aerobic exercise of moderate intensity, muscle strengthening exercise and stretching exercise. Besides, elders are also encouraged to do balance exercise.

Q3: Please suggest some exercises suitable for elders?

A: Swimming, Tai Chi Chuan, walking exercise and cycling on static bikes are examples of aerobic exercise of moderate intensity. Muscle strengthening exercise can be done by using water bottles and wrap-over sandbags for strengthening of the arms and legs, and press-up or working on a leg-press machine. Stretching exercise includes stretching for limbs and spine, and yoga, etc. Social dance and Tai Chi Chuan are also popular examples of balance exercises.

Q4: How much exercise should I do?

A: You should accumulate at least 150 minutes a week of aerobic exercise of moderate intensity. For example, it could be achieved by doing 30 minutes daily for no less than 5 days a week. To complete 30 minutes of aerobic exercise of moderate intensity in a day, you could either complete it in one session or accumulate a few bouts of exercise of no less than 10 minutes each. The World Health Organization also suggests elders to accumulate up to 300 minutes of exercise to derive more health benefits, if one's physical condition permits. For strengthening exercise, it should be performed about 2-3 days a week on alternate days, covering 8-10 major muscle groups of the body. Stretching exercise should be performed for at least 10 minutes a session, and no less than twice a week. (Diagram 1)

(Diagram 1)



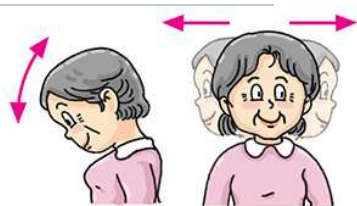
References

The Department of Health, HKSAR Government. (2020, April 15). "Create Your Own Exercise Program" - for both Elders & Caregivers. Retrieved from Healthy Ageing: https://www.elderly.gov.hk/english/healthy_ageing/exe_leisure_travel/create_your_own_exercise_program.html

伸展運動 (10 至 15 分鐘)

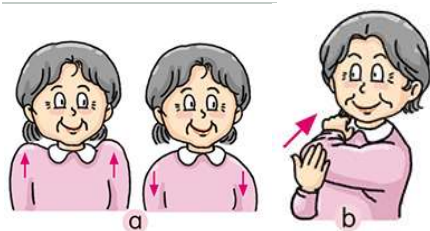
每個動作做 2 至 4 次，每次維持 10 至 30 秒，保持正常呼吸(不可閉氣)。

1 頸部



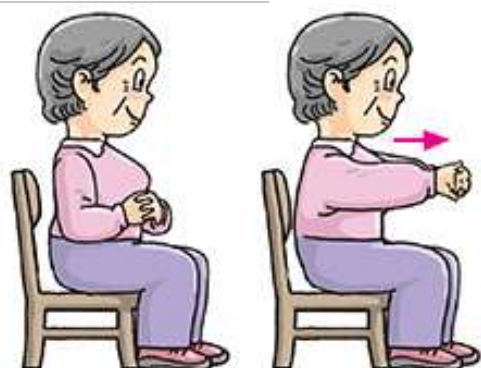
頭垂下，維持 10 至 30 秒，還原。頭轉向右，維持 10 至 30 秒，還原。頭轉向左，維持 10 至 30 秒，還原。

2 肩膊



- A) 雙肩向上聳，然後盡量向下垂低，維持 10 至 30 秒，還原。
- B) 左手放在右肩上，右手托着左手肘拉向身前，維持 10 至 30 秒，還原。
以右臂重複上述動作。

3 背部



坐着，手指互扣放於胸前，掌心或掌背向外，雙手慢慢向前推出，維持 10 至 30 秒，還原。重複 2 至 4 次。

4 腰部



坐着，腰背略為離開椅背，保持腰背挺直，前臂提起平腰，上身慢慢盡量向右後方轉，維持 10 至 30 秒，還原後做另一邊。每邊重複 2 至 4 次。

5 腰側



站立，兩腳分開至肩寬度，左手叉腰，右臂盡量向上伸展並向左彎腰，維持 10 至 30 秒，還原。以反方向重複上述動作，每邊重複 2 至 4 次。

6 腿部



穩坐椅子前半部，腰背離開椅背，保持腰背挺直，右腿屈曲踏地，左腿伸直，左腳跟觸地，左腳尖向上，慢慢屈腹並伸手向左腳尖方向，維持 10 至 30 秒，還原後做另一邊，每邊重複 2 至 4 次。

Stretching Exercises (10 to 15 minutes)

Hold 10 to 30 seconds and repeat 2 to 4 times for each movement. (Breathe as usual)

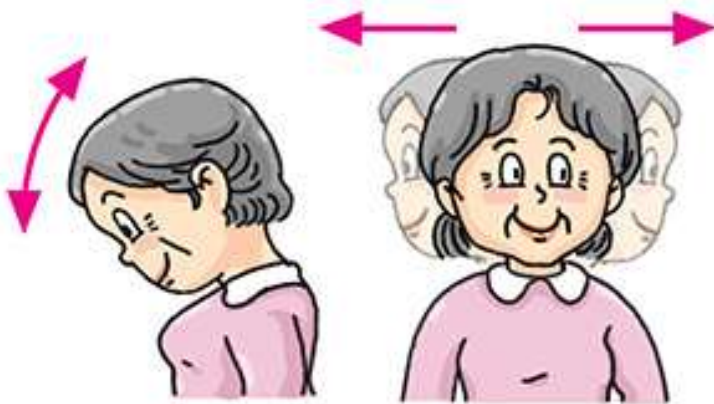
References

LCSD, The Government of HKSAR. (2020, April 15). Fitness Programmes for the Elderly.

Retrieved from Healthy Exercise for All Campaign:

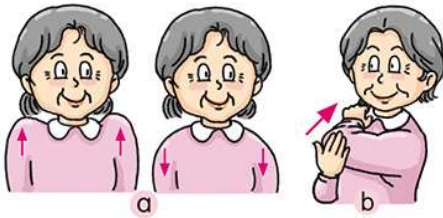
<https://www.lcsd.gov.hk/en/healthy/fitness/elderly2.html>

1 Neck



Lower your head and hold for 10 to 30 seconds. Return to the starting position. Turn your head to the right and hold for 10 to 30 seconds. Return to the starting position. Turn your head to the left and hold for 10 to 30 seconds. Return to the starting position.

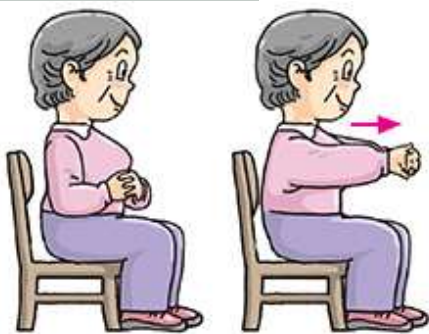
2 Shoulders



A) Lift your shoulders then lower them and hold for 10 to 30 seconds. Return to the starting position.

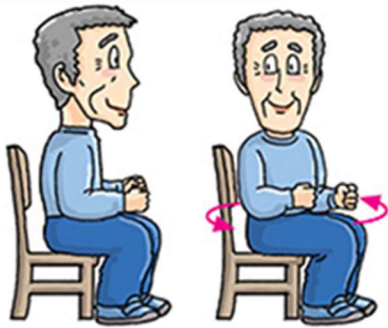
B) Rest your left hand on your right shoulder. Hold your left elbow with your hand and pull it toward your body for 10 to 30 seconds. Return to the starting position. Repeat with your right arm.

3 Back



Sit down. Interlock your fingers and put them in front of your chest with palms facing out or in. Push your arms forward slowly. Hold for 10 to 30 seconds. Return to the starting position. Repeat 2 to 4 times.

4 Waist



Sit down with your back slightly away from the back of the chair. Keep your back straight. Lift your forearms to waist level. Turn your upper body slowly to the right and backward as far as possible. Hold for 10 to 30 seconds. Return to the starting position and repeat with the other side. Repeat 2 to 4 times for each side.

5 Side of Waist

Stand with your feet shoulder-width apart. Put your left hand on your waist. Raise your right arm as high as possible and bend your waist to the left. Hold for 10 to 30 seconds. Return to the starting position and repeat in the opposite direction. Repeat 2 to 4 times for each side.



6 Legs



Sit on the front half of a chair with your back away from the chair back. Keep your back straight. Bend your right leg with the sole touching the floor. Straighten your left leg with the heel touching the floor and toes pointing upward. Slowly bend your waist and stretch your hand toward the direction of your left toes. Hold for 10 to 30 seconds. Return to the starting position and repeat with the other side. Repeat 2 to 4 times for each side.

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

健康 7 式

每星期做兩次以下運動以提昇您的骨骼的強度、平衡力及柔軟度

Warm-Up



1. Stationary March with Arm Swing/Seated March

熱身運動

第一式:

原地搖臂踏步 / 坐在椅上踏步

Strength Exercises



2. Sit to Stand

強化運動
第二式: 坐立起身



3. Standing Hip Extension

強化運動
第三式: 站立伸展

Balance Exercises



4. Side Leg Raise

平衡運動
第四式：向外伸腿



5. Single Leg Stand

平衡運動
第五式：單腿站立

Flexibility Exercise



6. Triceps Stretch

柔軟運動
第六式：三頭肌伸展

Cool Down



7. Standing Quadriceps Stretch

回復運動
第七式：四頭肌伸展

References

Ministry of Health, Singapore. (2020, April 14). 7 Easy Exercises to an Active Lifestyle. Retrieved from Health Hub: <https://www.healthhub.sg/programmes/71/healthy-ageing-exercise>

保腦妙法

啟動腦部以便：

- ．促進腦部的電與生化作用
- ．進行有效的資訊提存



對長者的好處：

- ．集中力
- ．行動力、參與能力
- ．腦和身體的協調
- ．減壓，加強溝通和社交技巧

方法：

- ．每隔一段短時間（15-30 分鐘）便喝一口水。

References

SAGE, The Hong Kong Society for the Aged. (2020, April 15).

LoveYourBrain. Retrieved from Activity for Healthy Brain:

<https://www.loveyourbrain.org.hk/en/428/1-brain-gym-exercise-1-drinking-water>

Activity for Healthy Brain

Exercise 1 – Drinking water

Switches your brain ON :

- Improve electric and biochemical effects in the brain
- For effective information retrieving



Advantages for the elderly :

- Concentration
- Mobility and ability to participate
- Coordination of the brain and body
- Reduce pressure, strengthen communication and social skills

Method :

- Drink some water every short period of time (15-30 minutes) .

健腦運動第二式

啟動腦部以便：

- 把訊息從右腦半球傳達到左邊身體，及從左腦半球傳達到右邊身體
- 增加電磁能的流動
-

對長者的好處：

- 閱讀時知道讀到哪裡
- 眼部放鬆
- 健眼
- 左右身體平衡
- 提高能量
- 肩部和頸部更放鬆
-



方法：

一手平放肚臍上，另一手的拇指及食中二指

揉壓腎經俞府穴，位置在鎖骨對下、胸骨兩側、第一及第二肋之間的兩個輕微凹陷位。一般情況做四個深慢呼吸循環後，轉手再做四個深慢呼吸循環。

Brain Gym Exercise 2– Brain Button

Switches your brain ON :

- Deliver the message from your right brain to the left side of the body, and from left brain to the right side of the body
- Increase the flow of electromagnetic energy

Advantages for the elderly:

- Know where to read when reading
- Eye relax
- Eye health
- Body balance
- Improve energy
- Relax shoulder and neck



Method :

Put one hand over the navel area of the stomach. At the same time, place the thumb, index finger and middle finger of another hand gently press the slight indentations below the collar bone on each side of the sternum. Generally do 4 deep slow breathing cycles, and then change hands to do another 4 deep slow breathing cycles.

References

SAGE, The Hong Kong Society for the Aged. (2020, April 15). *LoveYourBrain*. Retrieved from Activity for Healthy Brain: <https://www.loveyourbrain.org.hk/en/428/2-brain-gym-exercise-2-brain-button>

健腦運動第三式－情緒觸點

啟動腦部以便：

- 舒緩緊張和壓力

對長者的好處：

- 解除記憶障礙
- 組織能力
- 穩定情緒



方法：



雙手食中二指指尖輕觸眼眉和髮線中間的位置，專注於欲感覺更正面的某一態度、事件或感覺上，閉起眼睛，感覺身體緊張慢慢流走，及隨之而來的鬆弛和舒適。指尖可能會感到輕微的搏動，保持輕觸直至搏動重新協調同步，或感到鬆弛為止。

Brain Gym Exercise 3 – Positive Points

Switches your brain ON :

- Help relieve stress and pressure

Advantages for the elderly :

- Remove memory obstacles
- Organizational capacity
- Emotional stability

Method :



Lightly touch the point above each eye half way between the hairline and the eyebrow with fingertips of each hand. Focus on a more positive attitude, incident or feeling. Close your eyes and let the stress of your body slowly gone, and feel the upcoming relaxation and comfort. Your fingertips may feel a bit throb; continue the light touch until the throb keep up the pace or until you feel relaxation.

References

SAGE, The Hong Kong Society for the Aged. (2020, April 15). *LoveYourBrain*. Retrieved from Activity for Healthy Brain: <https://www.loveyourbrain.org.hk/en/428/4-brain-gym-exercise-4-positive-points>

健腦運動第四式－翻揉耳廓（搓耳朵）

啟動腦部以便：

- 聆聽自己說話的聲音
- 促進身心健康
- 雙耳一起聽
- 辨別出相關和無關的聲音
- 啟動短期記憶



對長者的好處：

- 聆聲理解
- 公開演講、唱歌、玩樂器
- 改進呼吸
- 增加聲音的共鳴
- 增加左右轉頭能力
- 增強注意力
- 擴闊聽覺的幅度

方法：

雙手的拇指及食指挾著雙耳上根部，由內至外的輕輕搓抹雙耳，直至耳珠根部為止。重複整個程序三次或更多。注意每次都在上根部開始搓抹。

Brain Gym Exercise 4 – Thinking Caps

Switches your brain ON :

- Listen to your own voice
- Improve the health of body and mind
- Listen with both ears
- Identify related and non-related sound
- Switch on short-term memory



Advantages for the elderly :

- Listening comprehension
- Public speaking, singing and playing music instrument
- Improve breathing
- Improve sound resonance
- Improve head turning ability
- Enhance attention
- Widen the magnitude of the auditory

Method :

Using the thumb and index finger of both hands to gently pull and unroll the outer part of the ear, starting from the top and slowly moving to the lobe. Repeat the movement 3 times or more. Remember to start from the top.

References

SAGE, The Hong Kong Society for the Aged. (2020, April 15). *LoveYourBrain*. Retrieved from Activity for Healthy Brain: <https://www.loveyourbrain.org.hk/en/428/5-brain-gym-exercise-5-thinking-caps>

骨骼健康資訊 - 骨折及跌倒的原因

Bone Health Information - Risk factors of fall and fracture

跌倒是導致長者骨折的主要原因。根據我們最近一項研究發現，超過九成骨折患者乃是跌倒所引致。再加上年紀越大，患上骨質疏鬆的機會就越高，使骨骼變得脆弱，增加了長者因跌倒而骨折的機會以及嚴重性。

Fall is the main cause of fracture in elderly. According to our previous research study, over 90% of fractures were due to fall. When age increase, the probability of suffering osteoporosis also increase. Bone become fragile and the chance of fracture after falling also increase.

大部份的跌倒意外發生在家中及老人院舍，其次是公園、馬路等室外地點。導致長者跌倒的原因有很多，但主要可歸納為個人因素和環境因素(圖 1)。

Most of the fall accidents appeared at home or in elderly hostel. Second is leisure park, road and other outdoor areas. There are many risk factors of fall in elderly, they are mainly individual risk factor and environmental factors.(Table 1)

圖 1 Table 1

個人因素	Individual Risk Fracture	環境因素	Environmental Factors
身體感覺減弱	Deterioration of sensation and proprioception	地面濕滑	Slippery floor surface
平衡能力欠佳	Decrease in balance	照明不足	Insufficient lighting
肌肉力量減弱	Decrease in muscle strength	雜物太多	Too many objects
個人身體病變，如：白內障、帕金森症、中風	Sickness such as cataract, Parkinson's Disease, Cerebral Vascular Disease	地面凹凸不平	Uneven floor surface
不正確使用助行工具	Inappropriate use of walking aids	椅子不穩	Unstable chair
個人情緒、固執的性格、過份自信、心急大意	Psychological factors such as emotion, character, self-confidence and negligence	地布濕滑	Improper use of carpet

藥物影響因素

- 服用安眠藥而引致頭暈
- 服用止痛藥會引致神志不清
- 服用鎮靜藥會引致頭暈、視力模糊
- 服用過量降血壓藥會引致疲倦或低血壓
- 服用過量降血糖藥而引致低血糖
- 服用抗感冒藥會引致昏昏欲睡

服用中藥也要注意其副作用，並請先請教中醫師

祝大家居家抗疫時身體健康。

本冊完

Medicine

Taking of sleeping pills, pain killers, tranquilizers, antihypertensive drugs and etc. may cause dizziness, fainting, sleepiness and increase chances of fall

Chinese medicine also have its side effect and should be taken under doctor's instruction

References

The Chinese University of Hong Kong, The Department of Orthopaedics and Traumatology. (2020, 4 15). *Bone Health Information*. Retrieved from 2000-2018 Community Fall Prevention Campaign: http://www.no-fall.hk/e/risk_factors.html

STAY HOME, STAY HEALTHY, STAY CONNECTED

END