

主辦機構：



20 乳你前行
Journeying Together

贊助機構：



乳癌認知及自強計劃健康講座



護心有法

2025 年 11 月 22 日 (星期六)

主辦機構



贊助機構



免責聲明

本資訊祇用作教育用途，並為出席人士對相關主題提供基本資訊。

出席人士在使用本資訊時，並不構成代表出席人士與資訊提供者有任何委託關係。

本資訊並非亦不得視作代表專業人士之意見。

乳癌認知及自強計劃健康講座：

護心有法－運動篇

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Aerobic Exercise

- uses large muscle groups in your body
- rhythmic and repetitive
- increase your heart rate and breathing
- To meet the oxygen required by the muscles
- burn energy and move.

帶氧運動

- 大肌肉群組
- 重覆而有節奏
- 心跳及呼吸加速

Examples

- Walking or jogging
- Cycling
- Swimming
- Cardio Equipment
 - A rowing machine
 - Stair climbers
 - An elliptical
 - A treadmill

例子

- 跑步／急步行
 - 單車
 - 游泳
- 心肺功能器械
 - 划艇機
 - 樓梯機
 - 滑雪機
 - 跑步機

Benefits

- Building stronger bones
- Improving your muscle strength, endurance and flexibility
- Improving your balance
- Increasing your mental function
- Assisting in weight management and/or weight loss
- Reduce your risk of developing heart disease, hypertension, stroke or diabetes.
- Improve your lung function
- Lower your blood pressure
- Increase HDL or "good" cholesterol
- Help to better manage your blood sugar

好處

- 增強骨質
- 增加肌肉力量、耐力、柔軟度
- 體重管理
- 減低長期病患風險
- 開心

How often?

- 150 minutes each week / 30 minutes a day, five days a week
- Exercise in small increments of time, for example, take three shorter walks that are 10 minutes each in a day.

建議運動量

- 每星期**150**分鐘



Progression

- Increase speed.
- Increase resistance.
- Increase duration (time).

循序漸進





- 加快速度
- 增加重量
- 加長時間

Reference:

[Aerobic Exercise: What It Is, Benefits & Examples \(clevelandclinic.org\)](https://www.clevelandclinic.org/health/condition/12/aerobic-exercise)

運動

整體辛苦程度

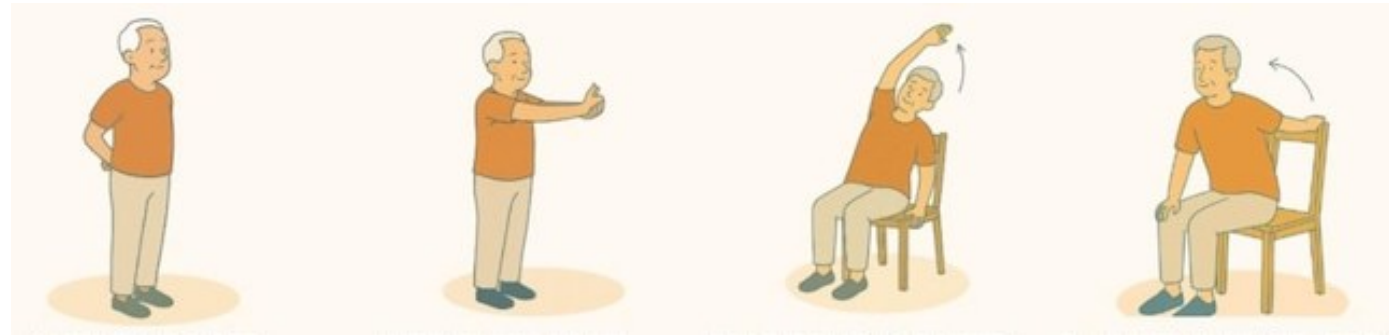
RPE SCALE	EMOJI	INTENSITY LEVEL...
9 - 10		MAXIMUM INTENSITY
7 - 8		VIGOROUS INTENSITY
5 - 6		MODERATE INTENSITY
3 - 4		LIGHT INTENSITY

觀察

- 自身感覺
- 疲累程度
- 痛楚

切記

- 正常呼吸
- 放鬆面部表情
- 放鬆牙骹
- 量力而為
- 循序漸進



Picture Reference:

https://i.etsystatic.com/57327234/r/il/9b4c12/7065022253/il_800x800.7065022253_11v0.jpg

<https://tse3.mm.bing.net/th/id/OIF.nJAJ7OtmAjWCo8gFaF40yA?cb=ucfimgc2&rs=1&pid=ImgDetMain&o=7&rm=3>



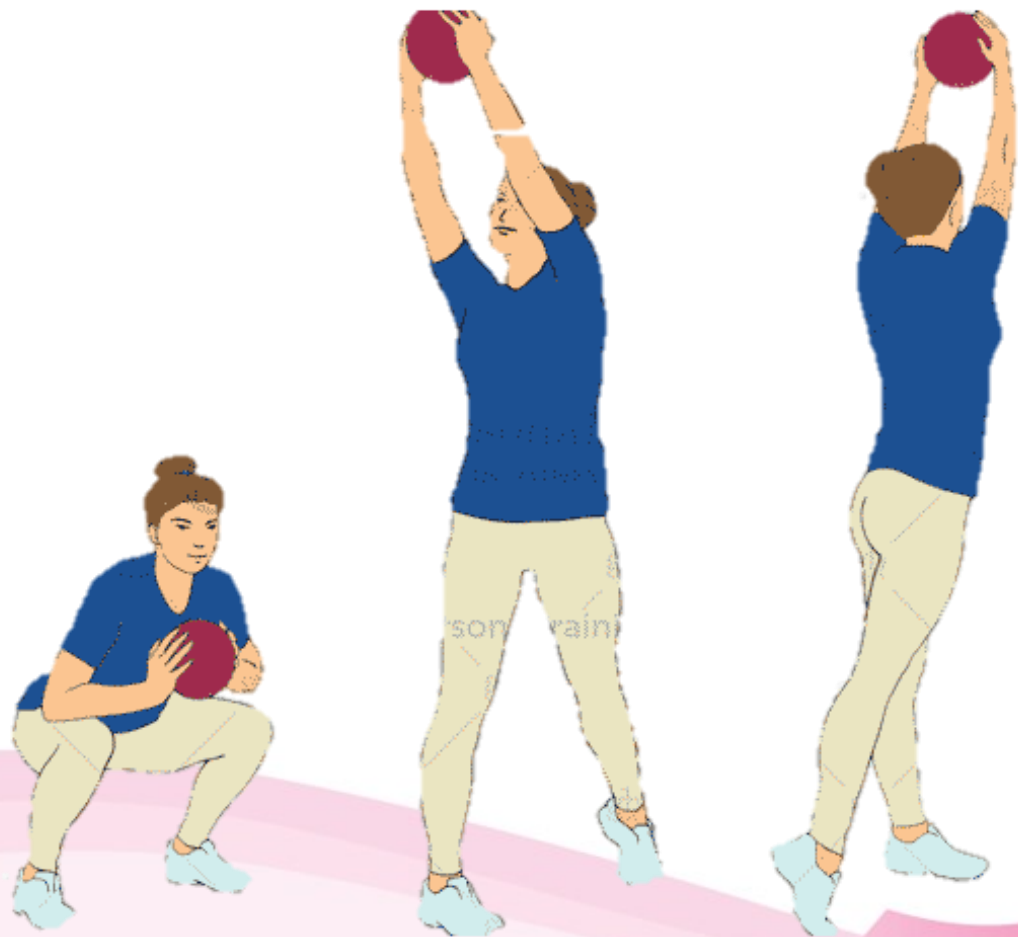
Picture Reference:

<https://www.shutterstock.com/image-vector/exercises-that-can-be-done-260nw-1820361827.jpg>



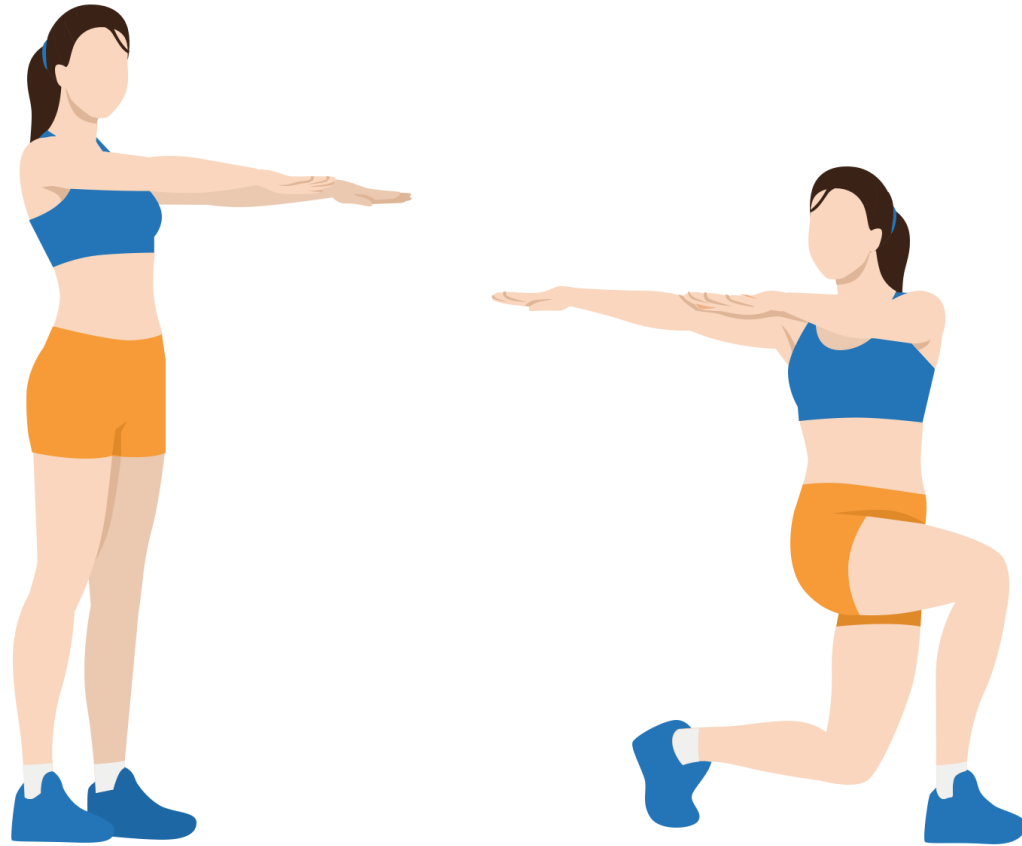
Picture Reference:

<https://image.shutterstock.com/image-vector/woman-doing-exercise-chair-push-260nw-1621991524.jpg>



Picture Reference:

https://www.gbpersonaltraining.com/wp-content/uploads/2018/09/26_MB_Squat_and_Rotational_Press.png



Picture Reference:

<https://gymgeek.com/wp-content/uploads/2024/02/lunge-twists.png>

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