

Exercise and Weight Loss

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A BMI >25 is considered overweight, >30 is considered obese. For Asians these are 23 and 25 respectively. Being overweight or obese is a major risk factor for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. Regular physical activity can help with weight loss and more importantly maintaining a healthy weight.



In Hong Kong



In Hong Kong, The Population Health Survey 2014/15 of the Department of Health found that 50.0% of persons aged 15–84 were overweight and obese; 37% had central obesity defined by waist circumference. In 2016/17, the overweight and obesity detection rates for primary and secondary school students were 18% and 20% respectively.

Why Can Exercise Help?







If fat loss is your goal, you'll need to eat less, be more active or a combination of both - the best plan. Daily aerobic activity is key to burning more calories. Strength training helps too. Each person is different, so the exact same plan won't work for everyone

Exercise Recommendations





Aerobic Exercise



-  Stay active on most days of the week, but at least 3 - 4 days.
-  Start with 150 minutes per week of moderate level exercise, build up to 250 minutes.
-  Exercise at a moderate to vigorous intensity level.
-  Moderate level exercise include: brisk walking, light cycling, water exercise or dancing.

Resistance Training



-  Exercise two or three times per week.
-  Exercises at a moderate intensity with proper progression.
-  2-4 sets of 8-12 reps of major muscle group exercises.
-  Begin with light resistance, targeting major muscle groups.

A combination of aerobic and resistance training leads to the BEST health outcomes

Tips for Getting Started

- If you have physical limitations (knee or back pain) ask your health care provider for a referral to physical therapy. Start with non-weight bearing activities first.
- Combining daily physical activity, a lower calorie diet and behavioral therapy can help you stick with your plan. Ask for a referral to these professionals for support and guidance.
- Set small goals. For example, Improving fitness or losing weight takes time. Start with just a few minutes of activity and gradually increase active time as your body adapts.

References

- 1) <https://www.who.int/topics/obesity/en/>
- 2) https://www.exercisemedicine.org/support_page.php/rx-for-health-series/
- 3) <http://exercisemedicine.com.au/factsheets/>
- 4) Centre for Health Protection report: Non Communicable Disease Watch
- 5) https://www.chp.gov.hk/files/pdf/ncd_watch_august_2018.pdf



運動與減重

超重和肥胖定義為體脂肪累積過多的身體狀態。肥胖的粗略衡量標準是身體質量指數(BMI)，即個人體重(以公斤為單位)除以其身高的平方(以米為單位)。亞裔人士的標準以 BMI 等於或高於 23 即歸類為超重，BMI 高於 25 即歸類為肥胖。超重或肥胖是不同慢性病的主要風險因素，其中包括糖尿病、心血管疾病和癌症。



本地情況



根據香港衛生署2014/2015年的健康普查發現，年齡介乎15-84歲的人口當中有50%是超重或肥胖。在2016/17的調查中，發現中小學學生的超重和肥胖率分別為18%和19.9%。

運動怎麼可改善?



常規的運動習慣可幫助減輕及保持健康的體重。結合有氧運動與力量訓練是燃燒更多卡路里的關鍵。而要達致最佳效果，必須配合適當飲食。

運動建議

有氧運動



每週運動次數: 每周大部分時間保持活躍，目標是維持三至四天運動。



運動時間: 每週最初的目標為完成150分鐘的中度運動，逐漸提高至每週進行運動250分鐘



運動強度: 中至高強度



運動模式: 中強度運動包括急步行，踏單車，水中有氧運動或舞蹈

阻力訓練



每週運動次數: 每周兩至三次，非連續日



每次運動時間: 以大肌肉為主，可組合約6個動作，並各完成2-4組，每組8-12次



運動強度: 中等強度，並逐漸提升



運動模式: 阻力選擇從輕開始，針對主要肌肉群

結合帶氧訓練及阻力訓練能最有效提升整體健康

開始時注意事項

- 若身體出現限制(如膝或腰背痛)，請尋求醫護人員或物理治療的幫助。
- 建立常規的運動習慣，並配合低卡路里飲食和行為療法，可增強訓練效果。如需要獲得支援和指導，可要求轉介給相關的專業人員。
- 宜先設定短期可實現目標，如建立運動習慣等。提升體能或減肥或需較長時間才能實現。可從每天幾分鐘的運動習慣開始，隨著身體的適應逐漸增加運動時間

參考資料

- 1) <https://www.who.int/topics/obesity/en/>
- 2) https://www.exercisemedicine.org/support_page.php/rx-for-health-series/
- 3) <http://exercisemedicine.com.au/factsheets/>
- 4) Centre for Health Protection report: Non Communicable Disease Watch
- 5) https://www.chp.gov.hk/files/pdf/ncd_watch_august_2018.pdf