

Starting an Exercise Program

Regular exercise is a part of a healthy lifestyle. Talk to your doctor about what type and how much exercise to do if you:

- Have not been active
- Have any health problems
- Are pregnant
- Are over age 60

The goal is to exercise 4 to 6 days each week. Exercise for 30 to 60 minutes each time. To prevent injury, slowly increase the number of days and the amount of time you spend exercising.

Regular exercise helps to:

- Improve how well your heart and lungs work
- Maintain a healthy weight or help you lose weight
- Improve balance, muscle tone and joint flexibility
- Relieve stress and tension and improve your mood
- Reduce the risk of heart disease, high blood pressure, osteoporosis and diabetes

Getting Started

- **Choose an exercise you like to do.**

Try to vary the type of exercise you do to increase the health benefits and prevent boredom and injury.

Types of Exercise:

- **Aerobic exercises** move large muscles and improve the health of your heart and lungs. Examples include walking, jogging, aerobic classes, bicycling, swimming, tennis and dancing.

Walking is a good choice for beginners. You only need a good pair of athletic shoes. Walking can burn as many calories as jogging without the high impact on your joints. Walking is good for your heart and lungs and helps prevent osteoporosis.

開始運動

堅持運動是健康生活的一個組成部分。有下列情況者，請向醫生諮詢運動的類型和運動量：

- 平時很少運動
- 有健康問題
- 已經懷孕
- 年齡超過 60 歲

理想的情況是每週運動 4 至 6 次，每次 30 至 60 分鐘。爲了防止受傷，要循序漸進，慢慢增加運動次數和每次運動的時間。

堅持運動有助於：

- 改善心肺功能
- 維持健康的體重或降低體重
- 改善平衡能力、肌肉狀況和關節靈活性
- 舒緩壓力和緊張情緒，改善心情
- 降低心臟病、高血壓、骨質疏鬆及糖尿病的風險

開始運動

- 選擇一項自己喜歡的運動方式。

搭配不同種類的運動方式不僅對健康有好處，還能防止單調乏味和受傷。

運動方式：

- **有氧運動：**運動大肌肉群，改進心肺健康。有氧運動包括散步、慢跑、健美操、騎自行車、游泳、網球和舞蹈。

散步對初始運動者是一個很好的選擇，只需要一雙好的運動鞋就可以了。散步的卡路里消耗與慢跑一樣，但是不會對關節造成很大的衝擊。散步對心肺有好處，並有助於防止骨質疏鬆症。

- **Strength training exercises** strengthen muscles and build strong bones. Using weights, exercise bands, other weight lifting equipment, and doing push-ups and sit-ups are examples of strength training. Talk to your doctor before beginning strength training if you have high blood pressure or other health problems.
- **Flexibility exercises**, also called stretching, increase the length of muscles to improve balance and joint health. Stretching is important before and after exercising and as an exercise itself. Examples include yoga and tai chi.
- **Begin and end an exercise session with 5 minutes of gentle exercise or stretching.**
 - For example, walk 5 minutes before and after jogging. This will help prevent injury.
- **Exercise at a comfortable pace.**

Listen to your body. You are exercising too hard if you:

 - Have pain in your joints, feet, ankles or legs
 - Have problems breathing
 - Feel weak, faint or dizzy during or after exercising

Stop exercising and call your doctor or 911 if you have:

 - Pain or pressure in your chest, left neck, shoulder or arm
 - Sudden dizziness
 - Cold sweat
 - Pallor
 - Fainting

Talk to your doctor or nurse if you have any questions or concerns.

- **力量練習**：可增強肌肉力量，提高骨骼強度。力量練習包括負重、健身帶、其他舉重設備，俯臥撐和仰臥起坐等。如果有高血壓或其他健康問題，開始力量訓練前要徵求醫生的意見。
- **靈活性練習**：也稱為伸展，可拉長肌肉，以改進平衡和關節的健康。運動前後作伸展很重要，伸展本身也是一種運動。此類項目包括瑜珈和太極。
- **運動前後要作 5 分鐘和緩練習或伸展。**
 - 例如，慢跑開始前和結束後散步 5 分鐘，這有助於防止受傷。
- **運動應以舒適速度進行。**

注意身體反應。如果有以下情況，就說明運動過度了：

- 關節、腳、踝或腿疼痛
- 呼吸困難
- 運動過程中或結束後感到虛弱、昏暈或眩暈

如果有以下狀況，**停止運動，打電話給醫生或打急救電話 911**：

- 胸部、左頸部、肩或手臂疼痛或有壓力
- 突然眩暈
- 出冷汗
- 面色蒼白
- 昏暈

如果有任何疑問或擔心，請諮詢醫生或護士。