

體適能量重建計劃

Physical Fitness Enhancement Programme



仁安保健中心 Health Maintenance Centre

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「控制體重」、「纖體成功」是大部份繁忙的都市人皆渴望達到的，但這是否等同您已擁有「健康的身體」呢？您能掌握維持及促進健體修身的基本原則嗎？

仁安保健中心全新的「體適能量重建計劃」，由一班資深醫護人員，包括醫生、護士、註冊營養師及物理治療師，共同設計一套針對個別的健康狀況、生活習慣及體能的系統式運動計劃，在專家指導下助您有效改善飲食習慣，達致健體安康的目的。

“Weight Management” “Fitness Achievement” are aspirations of most modern city dwellers. However, do you realize that a slim body is not equivalent to “healthy well being”? Have you really mastered the fundamental principles of “healthy well being”?

Our Health Maintenance Centre introduces a new tailor-made “Physical Fitness Enhancement Programme” which is conducted by a team of medical professionals including doctors, nurses, physiotherapists and registered dietitian. It helps you to achieve optimal physical fitness through individualized diet and physical exercise management as well as lifestyle changes.

計劃特色 Programme Characteristics

- 由資深醫生、護士、註冊營養師及物理治療師共同指導及評估，是一套健康、安全及專業的健體計劃；
Conducted by a team of medical professionals including doctors, nurses, physiotherapists and registered dietitian, the programme is safe, healthy and professional;
- 一對一的營養諮詢及物理治療師專業運動指導，度身訂造個人化的計劃；
One to one personalized dietetic consultations and physical exercise trainings;
- 計劃為期一至三個月，參加者可自行編排約見營養師及物理治療師的時間，安排靈活有彈性；
Programmes duration last for 1 to 3 months, participants can arrange the consultation sessions flexibly;
- 計劃著重指導及協助參加者建立健康正確的生活習慣，達致長遠及持久的健體目的。
The programme aims at helping participants to establish a healthy lifestyle and achieve a long lasting physical fitness.

健康檢查 Check Up Services

為事先了解閣下的身體狀況，以減少運動時產生突發性的身體不適，達致事半功倍的效果，本中心為準備參加此計劃的人士設計一套健康檢查。

To reduce sudden problems arising from physical activity, clear understanding of the health status is a must. Therefore participants are advised to have a specially designed check up before joining the programme for achieving optimal physical well being.

- 全科醫生會診 2 次
Doctor Consultation 2 times
- 體格檢查：身高、體重、血壓、脈搏
Physical Examination: Weight, Height, Blood Pressure & Pulse
- 生活習慣評估
Health History & Lifestyle Assessment
- 血液檢驗：全血球計算、膽固醇、三酸甘油脂、高低密度膽固醇、空腹血糖、痛風症測試(尿酸)
Blood Test: Complete Blood Count, Lipid Profile (Cholesterol, Triglyceride, HDL & LDL), Fasting Glucose, Uric Acid (Gout Screening)
- 心電圖
Electrocardiogram (ECG)
- 體質量指標分析
Body Composition Analysis

費用 Charge: \$1,840



本院精心設計了三款計劃。註冊營養師會根據健康報告及飲食評估，為參加者編製飲食建議手冊，內容包括個人化的飲食份量、種類、時間控制及飲食要訣，協助參加者改善營養問題。物理治療師會根據體質量指標分析，為參加者作詳盡的體適能評估及設計一套運動計劃，並於物理治療部之運動室安排個人指導及訓練。於計劃之尾段，物理治療師會再作評估，以衡量運動之成效。

Three plans of different durations are available. The registered dietitian would devise a personal dietary plan based on individual's nutritional requirement and lifestyle with practical dietary suggestions for a long-lasting weight control. The physiotherapist would assess the physical fitness and tailor-make an exercise programme according to the participant's BMI by Bioelectrical Impedance Analysis, and would instruct and supervise the training in the gymnasium of the Physiotherapy Department. At the end of the programme, the therapist would implement a re-assessment to ascertain the effectiveness of the programme.

計劃 A：為期 4-6 星期
PLAN A: Duration 4-6 weeks

\$2,880

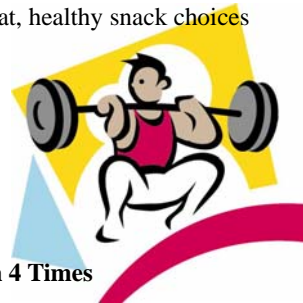
臨床營養諮詢 2 次
Dietetic Consultation 2 Times

第 1 節 Session 1

- ◆ 量度身高體重、計算體質指標及理想體重
Anthropometric measurement: weight and height, calculation of BMI and ideal body weight
- ◆ 飲食評估：飲食習慣、能量及脂肪攝取
Dietary assessment: diet habit, estimation of calorie and fat intake
- ◆ 基本營養理論及體重控制理念
Basic nutrition knowledge and essential principles for successful weight loss
- ◆ 個人化膳食計劃建議：
Personalized diet plan:
 - 能量攝取 Caloric intake
 - 均衡飲食 Changes to make in diet for adequate nutrition
 - 減磅策略 Tactics to initial weight loss
 - 短期減磅目標 Established target weight for next visit

第 2 節 Sessions 2

- ◆ 量度身高體重、計算體質指標及理想體重
Anthropometric measurement: weight and height, calculation of BMI and ideal body weight
- ◆ 飲食評估
Dietary assessment
- ◆ 回顧飲食習慣的轉變，分析飲食習慣存在之弱點
Review of successful dietary changes, and identify areas in diet that require further improvement
- ◆ 出外飲食策略，解讀食物標籤及選擇低脂健康食品
Discuss healthier food choices strategies in different setting, label reading for low fat, healthy snack choices
- ◆ 減磅目標
Target weight for next visit



物理治療師專業運動指導 4 次
Exercise Prescription Consultation 4 Times

第 1 節 Session 1

基本體適能概念及體適能評估 Basic physical fitness concept and fitness assessment:

- 柔軟度測試 Flexibility – sit and reach
- 肌力及肌耐力測試 Body strength & endurance
- 體脂測試 Skinfold measurement
男士量度胸、腹及大腿，女士量度三頭肌、腹部及大腿
3 sites measurement (male: chest, abdomen, thigh; female: triceps, suprailium, thigh)
- 心肺耐力測試 Cardiovascular endurance (Step test)

第 2 節 Session 2

- 上肢及下肢柔軟度訓練 Stretching UL & LL, Trunk
- 20 分鐘帶氧運動訓練 Aerobic training (20 mins)
- 軀幹核心穩定性及肌力鍛練
Strength training (Core strength and stability)

第 3 及 4 節 Sessions 3 & 4

- 上肢及下肢柔軟度訓練 Stretching UL & LL, Trunk
- 30 分鐘帶氧運動訓練 Aerobic training (30 mins)
- 下肢及軀幹核心訓練
Strength training (LL + Core stability)
- 重溫各項運動 Reassessment, exercise revision & training

計劃 B：為期 8-10 星期

\$4,490

PLAN B: Duration 8-10 weeks

臨床營養諮詢 3 次，及物理治療師運動指導 6 次，包括計劃 A 之內容及以下：

Dietetic consultation 3 times and exercise prescription consultation 6 times, including the sessions in PLAN A and the followings:

運動指導第 5 及 6 節 Exercise Session 5 & 6

- 上肢及下肢柔軟度訓練 Stretching UL, LL & Trunk
- 帶氧運動訓練 Aerobic training (30 mins)
- 上下肢肌力訓練 UL & LL Strength training
- 平衡及靈敏度訓練 Balance and agility training
- 重溫各項運動 Reassessment, exercise revision & training

計劃 C：為期 12-14 星期

\$5,990

PLAN C: Duration 12-14 weeks

臨床營養諮詢 4 次，及物理治療師運動指導 8 次，包括計劃 B 之內容及以下：

Dietetic consultation 4 times and exercise prescription consultation 8 times, including the sessions in PLAN B and the followings:

營養諮詢第 4 節 Dietetic Consultation Session 4

- ◆ 量度身高體重、計算體質指標及理想體重
Anthropometric measurement
- ◆ 飲食評估及回顧飲食的轉變，分析飲食習慣之弱點
Dietary assessment; review of successful dietary changes, and identify areas in diet that require further improvement
- ◆ 強化體重控制理念，膳食之選擇及份量安排
Reinforcement of diet control concept in terms of choices and quantity
- ◆ 討論長遠體重控制概念及減磅目標
Discuss concepts for long-term weight management and target weight

運動指導第 7 及 8 節 Exercise Sessions 7 & 8

- 上肢及下肢柔軟度訓練 Stretching UL & LL, Trunk
- 30-40 分鐘帶氧運動訓練 Aerobic training (30-40 mins)
- 功能訓練 Functional training