



# 兒童體重控制知多少

## Bodyweight Control of Children

主辦  
Organized by



衛生署  
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合辦  
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協辦  
Assisted by



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Prince of Wales Hospital Department of Physiotherapy

兒童體重控制知多少？  
家長應留意！

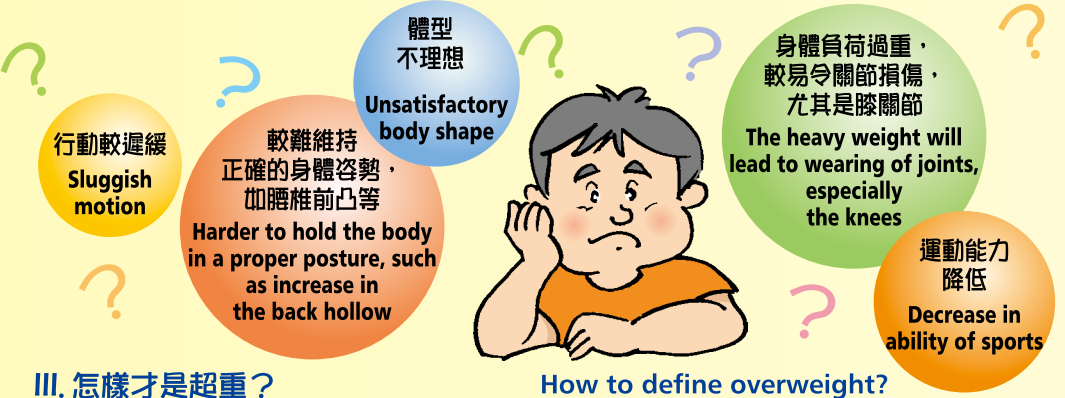
I. 甚麼是體重控制？

「體重控制」是指以正確的方法把體重控制或調節在一個適當的範圍內。

II. 為甚麼我們要控制體重？

如果體重過高，脂肪可能積聚過多，這會使我們容易患上例如高血壓、冠心病、糖尿病、膽石症等疾病，危害我們的健康。

過胖的壞處包括：



III. 怎樣才是超重？

甲) 體重與身高比例是否適中，可從「按身高體重」看出來。  
超重的定義：體重比「按身高體重」中位數高出20%

身高 Height (厘米 CM)	「按身高體重」比例 Ratio of "weight for height"			
	男孩 Boys		女孩 Girls	
	中位數 Median (公斤 KG)	中位數 x120% Median (公斤 KG)	中位數 Median (公斤 KG)	中位數 x120% Median (公斤 KG)
111	18.3	21.9	17.8	21.4
113	19.0	22.8	18.4	22.1
115	19.7	23.6	19.1	22.9
117	20.4	24.5	19.8	23.8
119	21.2	25.5	20.6	24.7
121	22.1	26.5	21.4	25.7
123	22.9	27.5	22.3	26.7
125	23.9	28.6	23.2	27.9
127	24.8	29.8	24.2	29.1
129	25.9	31.0	25.3	30.4
131	26.9	32.3	26.5	31.7
133	28.1	33.7	27.7	33.2
135	29.2	35.1	29.0	34.8

Bodyweight Control of Children  
Points to Note for Parents:

I. What is Bodyweight Control?

"Bodyweight Control" is to control or adjust the bodyweight within an appropriate range by proper means.

II. Why should we control bodyweight?

If one is overweight, excessive fat will accumulate and put one at risk of diseases such as hypertension, coronary heart disease, diabetes and gall stone.

Obesity also has the following disadvantages:

How to define overweight?

A) The "weight for height" indicates whether one's weight is in proportion to one's height.  
Definition of overweight: The bodyweight is above the median of "weight for height" by 20%

身高 Height (厘米 CM)	「按身高體重」比例 Ratio of "weight for height"			
	男孩 Boys		女孩 Girls	
	中位數 Median (公斤 KG)	中位數 x120% Median (公斤 KG)	中位數 Median (公斤 KG)	中位數 x120% Median (公斤 KG)
137	30.5	36.6	30.3	36.4
139	31.8	38.1	31.8	38.1
141	33.1	39.7	33.3	39.9
143	34.5	41.3	34.8	41.8
145	35.9	43.1	36.5	43.7
147	37.4	44.8	38.1	45.7
149	38.9	46.6	39.8	47.8
151	40.4	48.5	41.6	49.9
153	42.0	50.4	43.3	52.0
155	43.6	52.3	45.1	54.1
157	45.2	54.3	46.9	56.2
159	46.9	56.2	48.6	58.3
161	48.5	58.2	50.3	60.4

乙) 對照「按身高體重」是檢查體重是否過輕或過重的方法之一，但如遇到下列兩種情況則不適用，而量度皮下脂肪會較為準確：

- 1) 經常運動的小朋友，肌肉可能較多，脂肪卻很少，他們的體重可能超出標準，但這是健康的；
- 2) 有些小朋友的體重很理想，並無超重，但他們的肌肉質量可能遠低於標準，而脂肪量卻遠高於正常水平，他們的體重雖然理想，但也屬於過胖。

B) Checking the "weight for height" is one way to determine whether one is overweight or underweight. However, this method is inapplicable in the following two situations in which measuring the subcutaneous fat is more reliable.

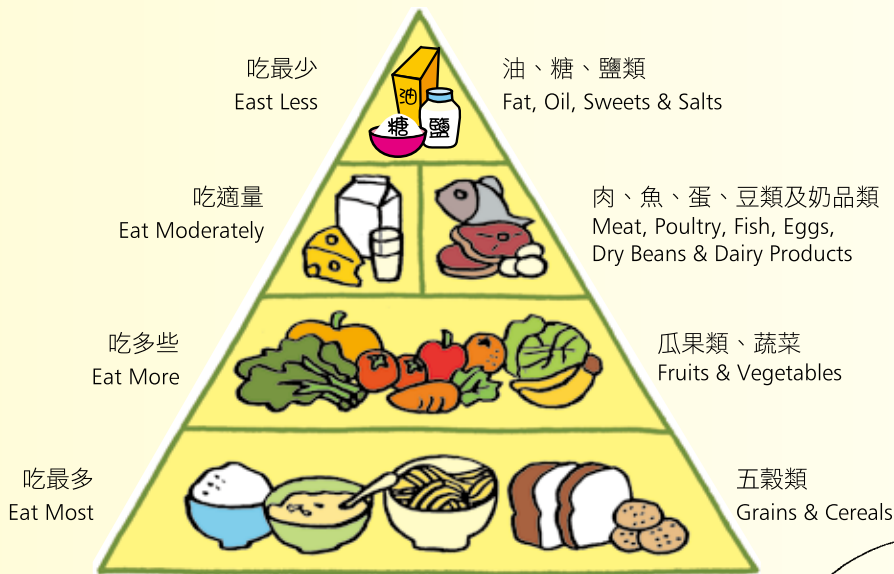
- 1) Children who exercise regularly, may have more muscles and less fat. They may be overweight but yet they are heavy.
- 2) Although some children are not overweight, their muscle mass may be far below standard whereas their body fat level is far higher than the normal level. They are indeed obese despite their body weight is within normal range.

#### IV. 如何避免過胖？

甲) 控制飲食，家長有責，飲食中應包括各類食物。

#### IV. How to avoid overweight?

A) It is the responsibility of parents to control the diet of their children. Various kinds of food should be included in meals.



你每天應喝六至八杯流質飲品（包括開水、清茶和湯）

Drink 6 to 8 glasses of fluid (including water, tea, soup, etc.) every day.

若能按照以上的建議進食，並養成習慣，全家人便能做到體重控制的第一步。

If all your family members follow the above dietary suggestions and make it a habit, this will be the first step to achieve bodyweight control.

乙) 適當的運動

控制體重除了要注意飲食外，運動也是重要的一環。適當的運動除可消耗多餘的熱能，避免脂肪積聚及有效地促進身體的新陳代謝外，更可增強肌肉、骨骼系統及心肺系統。

B) Doing appropriate exercise.

Apart from paying attention to one's diet, doing exercise is also important in controlling one's weight. Appropriate exercise can use up one's excessive energy, avoid the accumulation of body fat, and effectively increase the body's metabolic rate. Moreover, it can strengthen the muscles, bones and cardiopulmonary system.





以下是一些運動的指引，敬請各家長留意：

1. 選擇一天中最合適的時間陪同子女運動。
2. 選擇最喜愛的環境做運動，如附近的公園或健體中心。
3. 選擇合適的運動是非常重要的
  - 兒童選擇喜愛和合適的運動才可長久維持運動的習慣。
  - 在一次練習當中，可多於一類的運動。
  - 強調珍惜日常生活中的活動機會，如做家務、步行等。
  - 強調全身運動的益處，如步行、長距離慢速游泳、踏單車等。
4. 訂立可達到的運動目標，建議的運動量如下：
  - 類別 - 最佳運動是步行、其次是游泳、踏單車、踏步、踏台階健康舞或一些低至中等運動量的全身運動。
  - 強度 - 運動至產生少許辛苦的感覺，但為可接受的程度。
  - 時間 - 兒童每天應累積最少60分鐘的運動，以確保身體健康。
  - 頻度 - 每星期5至7次(強調每天應運動)
  - 註：以上建議的運動量必須維持18星期或以上，才可見消耗脂肪之效。
5. 運動宜按部就班，循序漸進，如適當地增加每次步行的距離。
6. 鼓勵父母、其他家庭成員或朋友與兒童一起運動。
7. 兒童如付出努力並有進步時，如體重減少、脂肪減少、運動量增加等，父母應給予讚賞和鼓勵。
8. 記錄每次的運動量，如步行距離、時間、辛苦程度及消耗熱量(卡路里)等，以便記錄每次運動的成果，並作為日後的進度比較。
9. 步行消耗的熱量(卡路里)公式如下：

**步行消耗熱量(千卡)=0.7768×距離(公里)×體重(公斤)**

**energy consumed in walking (kcal) = 0.7768 x distance (km) x weight (kg)**

參考書目：

Reference : ACSM(1995) ACSM's Guidelines for Exercise Testing and Prescription. Williams&Wilkins

Parents are advised to heed the following guidelines on exercise:

1. Choose a most suitable time of the day to accompany your children to do exercise.
2. Choose the most favoured place to do exercise, e.g. a nearby park or fitness centre.
3. It is very important to choose the right exercise.
  - The type of exercise chosen must be enjoyable and suitable for your children if they are to stick to it.
  - More than one kind of exercise can be done in a workout.
  - Emphasize that all chances for exercising in our daily lives, such as doing household chores and walking, should be cherished.
  - Emphasize the advantage of exercising the whole body, e.g. walking, long-distance low-speed swimming, cycling.
4. Set achievable exercise targets: do the suggested amount of exercise as follows -
  - Type - the best exercise is walking, to be followed by swimming, cycling, step aerobics or some low to middle-intensity general exercises.
  - Intensity - exercise until the point of mild discomfort, but yet acceptable.
  - Duration - accumulation of at least 60 minutes of physical activity is beneficial to health of children.
  - Frequency - 5 to 7 times a week (the importance of exercising every day should be emphasized).

Note: The above suggested amount of exercise should be maintained for 18 weeks or above if it is to be effective in burning up one's body fat.
5. Increase the amount of exercise gradually, e.g. suitably increase the walking distance each time.
6. Encourage parents, other family members or friends to exercise with children.
7. Parents should seek every opportunity to praise their children as a kind of encouragement for their efforts and progress such as loss of weight, reduction in body fat or an increase in the amount of exercise.
8. Keep records of each exercise, e.g. the distance walked, time taken, the level of discomfort and energy (calories) consumed so that the results can be used for future comparison to check progress.
9. The formula for calculating the energy (calories) consumed in walking is:



### 丙) 修正行為習慣

修正行為的目的在於建立一些新的和有建設性的運動習慣來取代以往不適當的飲食和運動習慣，以下是一些可行建議：

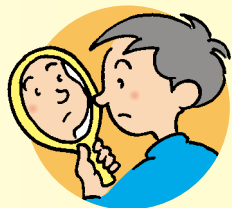
### C) Remedies for inappropriate habits.

Remedying inappropriate habits aims at establishing a new and positive habit of doing exercise to replace the inappropriate habits on dieting and exercise. The following are some practical suggestions:



1. 父母須以身作則，與子女一起運動，例如以步行代替短途車程或短距離電梯(如地鐵的扶手電梯)。

Parents should set a good example and exercise with their children. For instance, walk for a short distance instead of taking a ride or using escalators (e.g. the escalators in MTR stations).

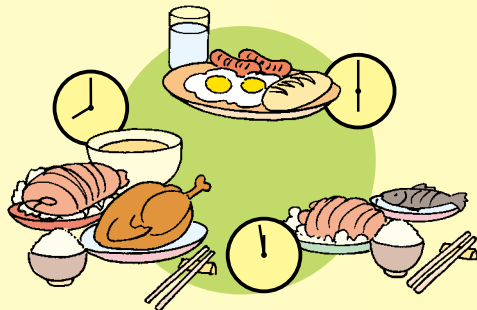


2. 小心認識自己的情緒，情緒欠佳時可做點運動，如掌上壓、仰臥捲腹等，而非大吃大喝，並多與父母及師長溝通。

Know your sentiment. In times of depression, do some exercises such as push-ups, curl-ups, etc. instead of going on the binge, and communicate more with parents and teachers.

3. 每天三餐均衡飲食，不可偏吃，也不可缺乏其中一餐，亦不可吃得太飽。

A balanced diet should be maintained for breakfast, lunch and dinner everyday. There should not be any dietary bias and omission of any meals, and should avoid eating too much.



4. 不要讓子女養成吃零食的習慣，下午茶可選一些適量的健康小食。

Parents should dissuade their children from the habit of eating snacks. Some healthy snacks can be chosen for the afternoon tea.



5. 慢慢地進食，這會更真確地反映飽的感覺，並有助消化。

Eat slowly so that you will know when you are full. It also helps digestion.



如家長能引導子女養成適當的飲食和運動習慣，並留意修正他們不適當的行為習慣，這樣，孩童將可更有效地控制體重，而且會更為健康和充滿活力。

If parents can guide their children to a proper habit of dieting and doing exercise, and to correct their inappropriate habits, effective weight control will be achieved, with better health and vitality maintained.

## V 簡易循環練習

如要控制體重，除了做帶氧運動外，還需多做結實肌肉的運動，才能達到理想的效果。以下介紹一些簡單的徒手練習，大家可以按能力嘗試依照圖示進行2至3組練習。為達致更佳效果，家長可陪同小朋友一同練習，提示正確姿勢及呼吸節奏，給予鼓勵：

### 屈膝掌上壓(上肢及胸部)

12次

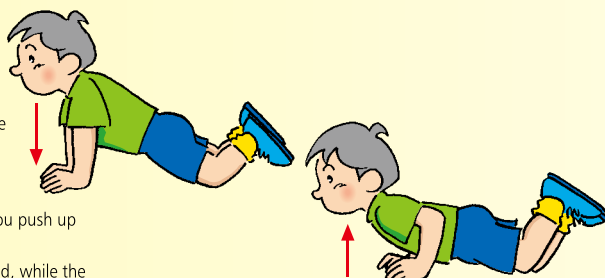
#### Bent Knee Push Up (Upper body and chest)

12 times

- 保持上身與大腿成一直線  
Keep your upper body and your thighs in a straight line
- 向下壓時手肘屈曲約90°  
Bend elbow until 90° when you press down
- 向下壓時吸氣，向上挺時呼氣  
Breathe in when you press down, breathe out when you push up

家長：小朋友轉移手部重心，單手觸及家長掌心

Parent: the child can shift his body weight on to one hand, while the other hand touches parent's palm.



### 仰臥捲腹(腹部)

15次

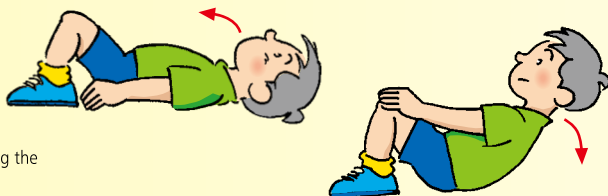
#### Curl Up (Abdominal Muscles)

15 times

- 由仰臥姿勢開始  
Lie on your back as the starting position
- 曲膝約90°  
Bend knees at 90°
- 向前仰起時呼氣，手指觸及膝部  
Breathe out as you curl up with fingers touching the knees
- 臥下回復原位時吸氣  
Breathe in when you return to the starting position

家長：按實小朋友的腳面

Parent: press on the child's feet.



### 前跨步(大腿)

15次

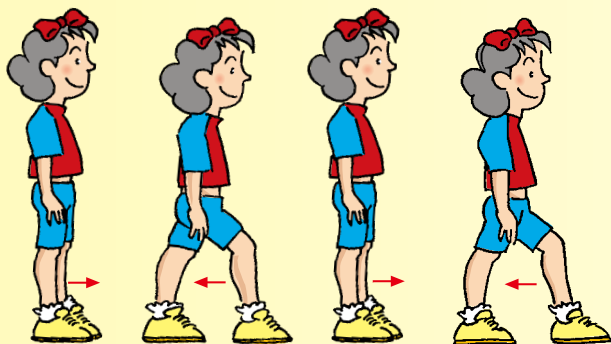
#### Lunge Forward (Thighs)

15 times

- 站立時保持雙腳與肩膊的寬度一致  
Stand with feet shoulder width apart
- 右腳向前跨出一大步，然後回復站立姿勢  
Move right leg one big step forward with the knee bent, and then return to the starting position
- 左腳又向前跨出一大步，然後回復站立姿勢  
Move left leg one big step forward with the knee bent, and then return to the starting position

家長：站立在小朋友前面，保持一定距離，小朋友踏前時要觸及家長

Parent: stand in front of the child and keep a certain distance. The child lunges forward to touch parent.





### 背部伸展(背部下方)

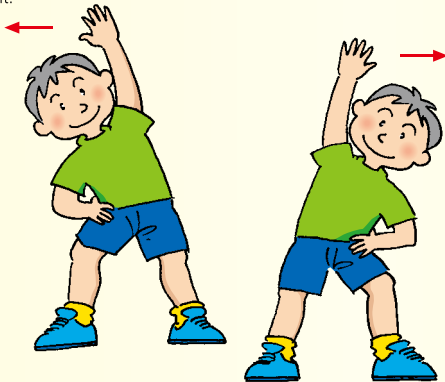
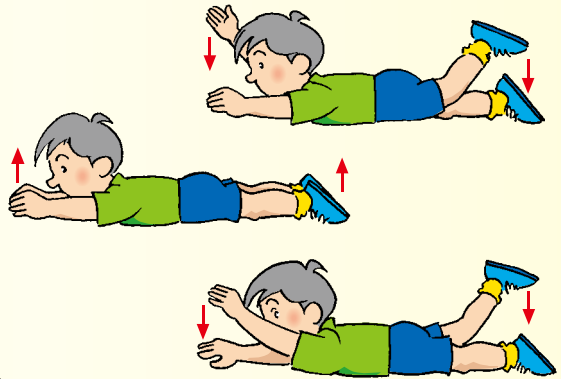
15次

#### Alternate Back Extension (Lower Back)

15 times

- 由俯伏姿勢開始  
Lie on your front as the starting position
- 右手左腳向上挺起，同時呼氣  
Breathe out as you lift your right hand and left leg
- 右手左腳回復原位及吸氣  
Breathe in when you return to the starting position
- 左手右腳向上挺起及呼氣，然後回復原位吸氣。  
(左/右兩組運動交替進行)  
Breathe out as you lift your left hand and right leg.  
(Repeat by alternating hand and leg)

家長：半蹲在小朋友前伸出手，讓小朋友觸及parent.  
Parents: half squat and hold hands out to let the child touch parent.



### 側彎腰(腰側)

12次

#### Sideway Bent (Flank muscles)

12 times

- 膝部須隨側身的方向屈曲  
Bend knees sideways to the direction of the trunk stretch
- 向側伸直手肘  
Raise your arm overhead and bend to the waist
- 側身時呼氣，回復站立姿勢時吸氣  
Exhale as you stretch, and inhale when back to the standing position
- 每次側身伸直手肘，視為完成動作一次  
Arm fully stretched and straightened as one rep

家長：面對面與小朋友一起練習

Parents: face-to-face with the child and practise together

### 側擺腿(大腿外側及臀部)

10次

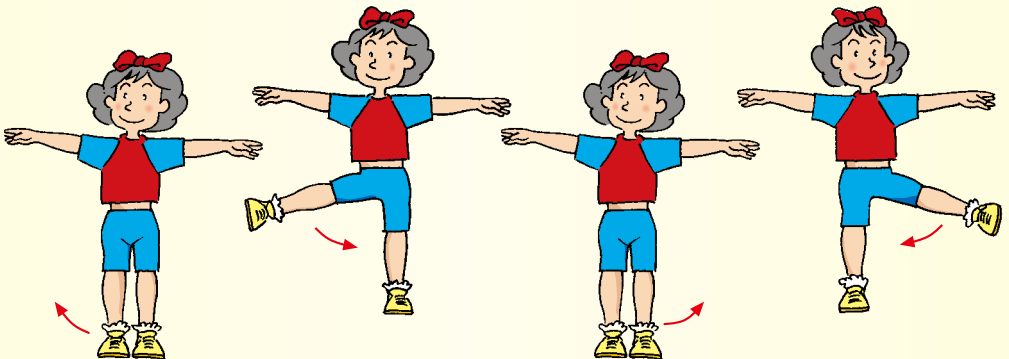
#### Leg Abduction (Lateral Thighs and Hips)

10 times

- 由站立姿勢開始，雙手向外平伸，右腳向側上擺後，然後回復站立姿勢  
Start with a standing position. Extend the arms to the side, so that they are positioned evenly with your shoulders
- 左腳向側上擺，再回復站立姿勢。重覆以上動作  
Lift right leg to the side and then return to the standing position. Lift left leg to the side and then return to the standing position. Repeat the exercise.

家長：與小朋友面對面，手牽手一起練習

Parent: face-to-face with the child, hold hands and practise together.



## 仰臥挺腹(下背及臀部)

12次

### Pelvic Tilt (Lower Back and Hips)

12 times

- 仰臥地上屈膝90°

Lie on your back with knees bent at 90°

- 抬高臀部，向上挺腹至上肢與大腿成一直線為止，挺腹時呼氣

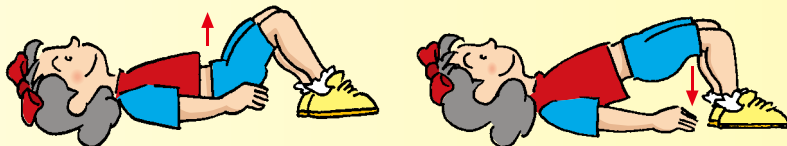
Raise your hips slightly until the upper body and legs are in line, inhale as you raise the hips

- 臥下回復原位時吸氣

Exhale as you lower the hips

家長：把手放在小朋友腹部之上，小朋友挺腹觸及家長手部才算完成動作一次

Parent: Place hand above the stomach of the child. The child's stomach touches parent's hand when raising the hips.



## 引體向上(上側背部及二頭肌)

10次

### Chinning (Lateral Upper Back and Biceps)

10 times

- 家長面向孩子分腿站立，孩子仰臥地上，與家長互相緊扣手腕

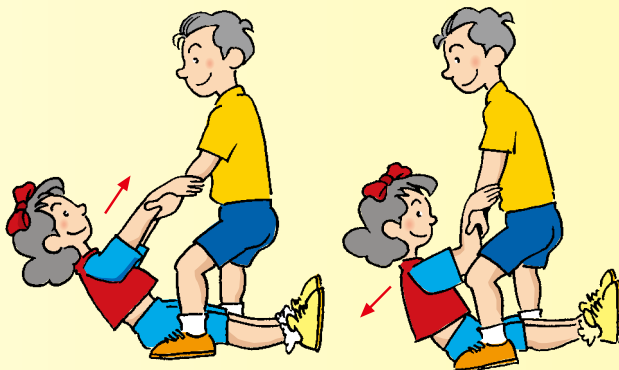
Parent stands astride facing the child with the child lying on the floor. Parent and the child grasp their wrists tightly together

- 孩子用力把自己向上拉，直至手肘屈曲少於60°

The child pulls up his / her body until his / her elbows flex at least 60°

- 向上拉時呼氣，回到地上時吸氣

Inhale when pulling up. Exhale when lowering down



## VI 兒童健體訓練班

康樂及文化事務署各區康樂事務辦事處會為年齡介乎8至14歲的兒童舉辦這項健體訓練班。

查詢有關詳情，請致電政府熱線1823，或瀏覽康樂及文化事務署網頁 [www.lcsd.gov.hk](http://www.lcsd.gov.hk)。如欲知道更多健康資料，請致電

衛生署熱線2833 0111或瀏覽衛生署網頁 [www.cheu.gov.hk](http://www.cheu.gov.hk)

## VI Fitness Training Course for Children

The Leisure Services Offices in various districts will organise this programme for children aged between 8 and 14. For details, please call Government hotline at 1823 or visit the website of the Leisure and Cultural Services Department at [www.lcsd.gov.hk](http://www.lcsd.gov.hk). For more useful information on health, please call the hotline of the Department of Health at 2833 0111 or visit the website at [www.cheu.gov.hk](http://www.cheu.gov.hk)

鳴謝：本小冊子內容由中國香港體適能總會提供，謹此致謝。

參考書目：梁淑芳(1995)兒童生長與營養評價指南MEDI-proficient

Acknowledgments : Physical Fitness Association of Hong Kong, China

Reference : Child Growth and Nutrition Evaluation Guide (sic) by LEUNG Suk-fong (1995). MEDI-proficient

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