

Get Moving on Your Feet

Walk to a healthy future

As a busy worker, you may find spending at least 30 minutes every day on exercises is a luxury. You may also think that exercise means running with a full set of sport gear or playing basketball in a court. However, do you know that there is an easy and effective way that you can do every day - **Walking!**

A local research report published in 2009 showed that practising a 30-minute walking exercise five days per week can improve a number of health indicators such as Body Mass Index (BMI), waist circumference, body fat percentage, cardiovascular fitness as well as fasting blood glucose level. Besides, taking three 10-minute walks per day has similar health benefits to a single session of continuous 30-minute walk per day. Other health benefits of walking include:

- Maintain healthy body weight
- Reduce the risk of developing chronic diseases e.g. diabetes mellitus, hypertension and cardiovascular diseases
- Improve the control of blood sugar for diabetes patients and reduce their medications
- Improve health of women before and after giving birth

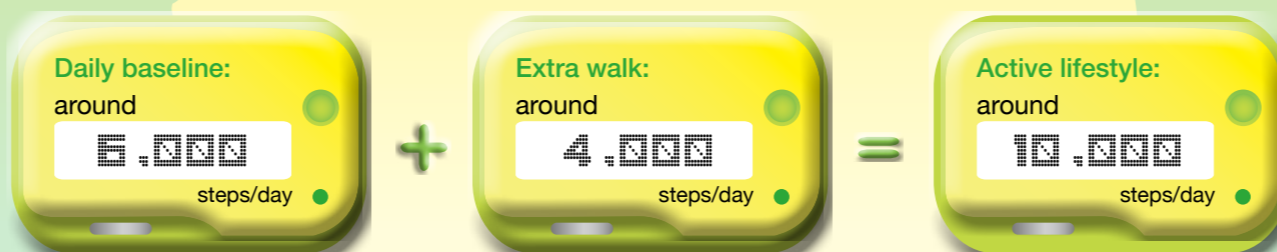
Pedometer - a walking partner

Pedometer is a mini-device designed for counting your daily walking steps so that you can closely monitor the number of steps achieved every day. Now you should not be worried about squeezing time for exercise. Let's put on the pedometer and get moving on your feet.

Formula of walking for better health

It is known that if we walk an extra of around 4000 steps/day from baseline (for example, around 6000 steps/day), we can have significant improvement in health. We should try our best to maintain daily walking of around 10,000 steps in order to keep fit and to stay away from chronic diseases.

Example:



You are advised to do moderate-intensity physical activity for at least 30 minutes on most days of the week. However, if you have a sedentary work or have no time to exercise, accumulating extra 3000 - 4000 steps/day would be a good strategy to boost up your everyday physical activity level. You can even take up brisk walking as an exercise, which should be performed in moderate intensity and sustained for more than 10 minutes each time to promote cardiovascular fitness and weight management.

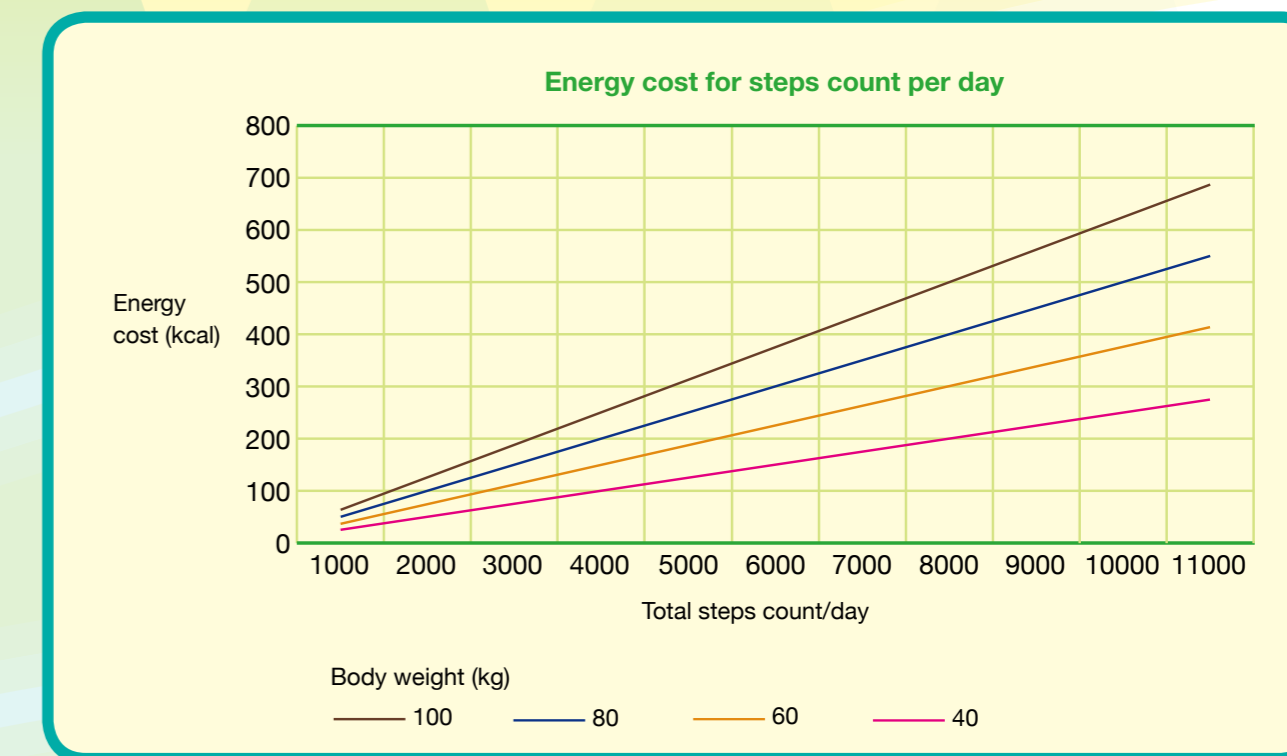
Practical tips for boosting steps count

- Take the stairs instead of using the lift.
- Walk instead of taking transport for short distance travel.
- Take a 15-minute walk after lunch every day.
- Practise brisk walking exercise with friends.
- Get off your public transport one or two stations earlier, then walk to work or home.
- Within the office, go and talk to your colleagues face to face instead of using the phone.
- Dine at a restaurant instead of ordering food delivery service. You can become more active and even more environmentally friendly.
- Wear the pedometer and set up your personal goal. Always remind yourself to take every opportunity in your daily life to boost your walking activity.

Walking and energy cost relationship

There is a positive relationship between our energy cost through physical activity (such as walking) and our health. Walking of 10,000 steps/day is equivalent to consumption of 300 - 400 kcal/day (or 2,100 - 2,800 kcal/week) which is recommended by the American College of Sports Medicine (ACSM). (Please refer to the chapter - Physical Activity in My Health@work Log Book for more details.)

Please check the energy cost based on your total daily steps count and your own body weight in the chart below.



References

- SSC Hui, J Woo, T Kwok. Evaluation of energy expenditure and cardiovascular health effects from TaiChi and walking exercise. Hong Kong Med J. 2009; 15(Suppl 2): S4-7
- Catrine Tudor-Locke and David R. Bassett Jr. How Many Steps/Day Are Enough? Preliminary Pedometer Indices for Public Health. Sports Med 2004; 34 (1): 1-8 p0112-1642

步步為型

行出健康路

作為忙碌的「打工仔」，你大概認為每天花至少 30 分鐘做運動是很奢侈的事。

你亦可能覺得要穿上全套運動服裝跑步或到球場打籃球才算是做運動。然而，你

可知有一種「運動」是既有效又簡單，並且是每天都可以做的——**步行！**

2009 年一項本地研究指出，每周進行 5 天每天 30 分鐘的步行運動，能改善多項健康指數，包括體重指數(BMI)、腰圍、脂肪比例、心肺適能和空腹血糖水平。此外，每天累積 3 次每次約 10 分鐘的步行，與每天一次持續地步行 30 分鐘對健康帶來的益處相若。步行對健康帶來的其他好處如下：

- 維持健康體重
- 降低患上慢性病（例如糖尿病、高血壓和心臟病）的風險
- 改善糖尿病患者的血糖控制和減輕用藥量
- 改善孕婦產前和產後的健康

計步器 — 步行好拍檔

計步器是一件小巧的儀器，能協助你緊密地檢視每天所走的步數。你現在毋需再為要騰出時間做運動而煩惱了。佩戴計步器，馬上起「行」，活出健康。

步行的健康方程式

我們只要每天能從基礎的步行量（例如每天約 6,000 步）之上額外增加約 4,000 步，便能明顯改善健康。我們應盡量保持每天走約 10,000 步，以維持良好體魄，遠離慢性病。

例子：



我們應於每周大多數的日子進行每次至少 30 分鐘中等強度的體能活動。可是，如果你的工作模式較為靜態，或者你沒有時間做運動的話，可考慮透過每天多走 3,000-4,000 步來提升你的體能活動量。你亦可嘗試以急步行作為運動，進行時應達中等強度並持續 10 分鐘以上，以促進心肺功能和體重控制。

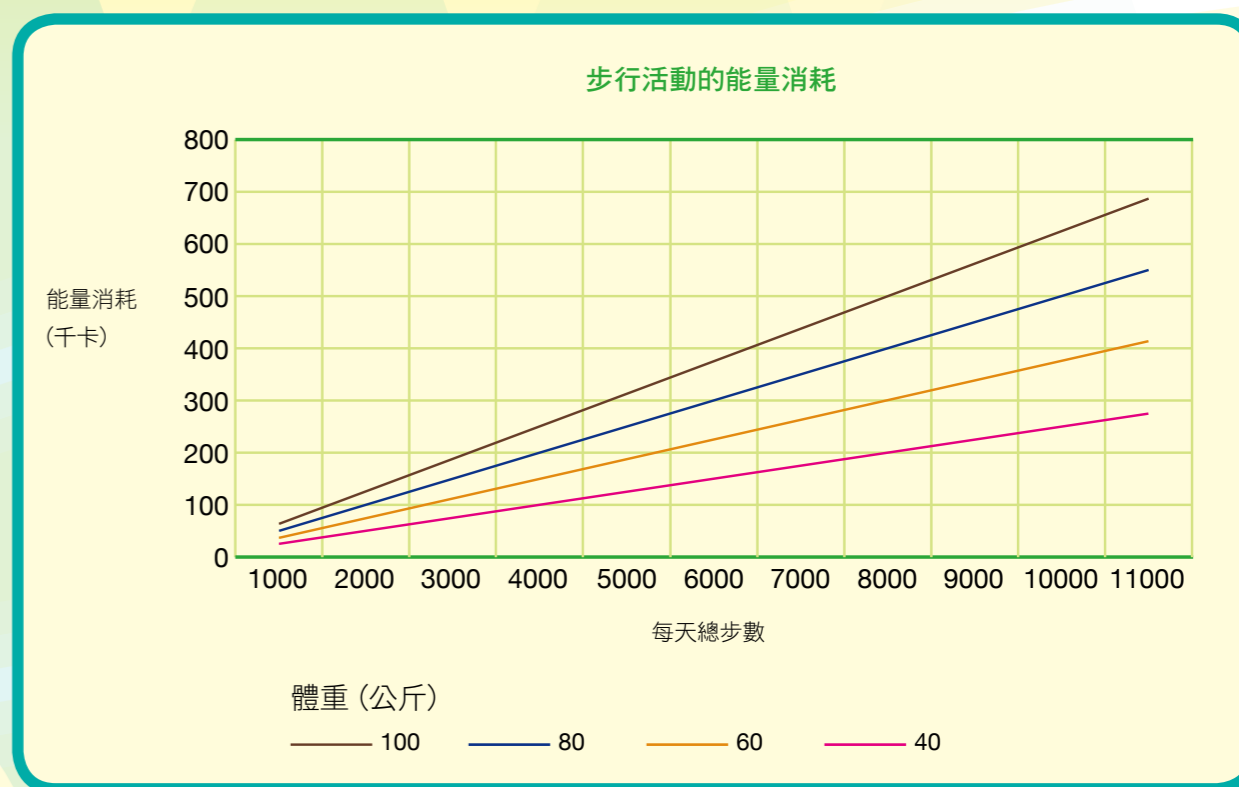
提升步行量小錦囊

- 多走樓梯，少乘電梯。
- 以短距離的步行代替乘車。
- 午飯後用 15 分鐘步行。
- 約同三五知己練習急步行運動。
- 乘公共交通上班或回家時，提早一至兩個站下車，然後步行至目的地。
- 於工作間減少使用電話，多走到同事座位前面談。
- 以外出用膳代替叫外賣，這既可增加步行量，又較環保一點。
- 佩戴計步器並為自己每天所走的總步數訂立目標，提醒自己多增取步行機會。

步行量與能量消耗的關係

我們於體能活動中（例如步行）所消耗的能量總值與對健康的益處成正比。每天步行 10,000 步相等於消耗 300 - 400 千卡（或每周 2,100 - 2,800 千卡）熱量，這亦是美國運動醫學會（American College of Sports Medicine）建議的每周所需的體能活動量。（請參考《我的健康在職日誌》內的「體能活動」章節，以了解詳細資料）

請運用下圖，根據你的步數和體重，查閱你在步行活動中所消耗的能量。



參考資料

SSC Hui, J Woo, T Kwok. Evaluation of energy expenditure and cardiovascular health effects from TaiChi and walking exercise. Hong Kong Med J. 2009; 15(Suppl 2): S4-7

Catrine Tudor-Locke and David R. Bassett Jr. How Many Steps/Day Are Enough? Preliminary Pedometer Indices for Public Health. Sports Med 2004; 34 (1): 1-8 p0112-1642