

香港康樂管理協會
Hong Kong Recreation
Management Association網址 website:
<http://www.hkrma.com.hk>Editorial Board 會訊編輯小組
主編：李世琛博士 Dr. Sam Li

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- 15 -**News from the Association 最新消息****2016 Annual General Meeting & Annual Dinner**2016 HKRMA Annual General Meeting & Annual Dinner has
been scheduled for*Saturday, 23 April 2016 at 7:00 pm at
Hong Kong Disneyland Hotel***New Life (Full) Member 新永久基本會員:**

楊慧林

信德物業管理有限公司 助理管業主任

New Corporate Member 新公司會員:

Hutchison Property Management Limited

和記物業管理有限公司

Island South Property Management Limited

南盈物業管理有限公司



本會會訊已由2015年5月起全面轉為電子會訊，並將以電郵形式傳送予所有會員，如各會員想更新你的電郵地址以接收本會會訊，請將閣下的最新電郵、會員姓名或編號電郵至 admin@hkrma.com.hk 確認更新。各會員現在亦可透過本會網頁：<http://www.hkrma.com.hk> 瀏覽本會過往及最新的會訊。

香港康樂管理協會新郵箱地址：香港郵政總局郵政信箱9044號
PO Box 9044, General Post Office, Hong Kong



香港康樂管理協會(Hong Kong Recreation Management Association)的facebook已經成立，請各會員多多支持，日後所有本會新辦活動及課程均會在本會網頁：<http://www.hkrma.com.hk/>及facebook內公佈，敬請留意。

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E-mail

Hong Kong Recreation Management Association

香港康樂管理協會

2015 - 16 Organisation and Office Bearers 二〇一五至一六年度組織及職員表

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Membership 會員小組

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Newsletter 會訊編輯小組

李世琛博士 *Dr. Sam Li Sai Sum*

Social and Recreation 社交及康樂小組

梁景法先生 *Mr. Kelvin Leung King Fat*

Finance

黃令陶先生 *Mr. Lester Huang Ling To*林思源先生 *Mr. Lam Sze Yuen*



To : All Members

From : Kelvin, LEUNG King-fat, Convener for Social & Recreation Sub-Committee

Date : 18 February 2016

2016 Annual General Meeting & Annual Dinner

It is my pleasure to inform you that the 2016 HKRMA Annual General Meeting & Annual Dinner has been scheduled for **Saturday, 23 April 2016 at 7:00 pm** at Cinderella Ballroom, The Convention Centre, Hong Kong Disneyland Hotel, Lantau Island. You are cordially invited to attend this meaningful event and share the happiness with all members. The programme rundown is listed below for your information -

- 6:15pm Cocktail Reception**
- 7:00pm Annual General Meeting**
- 7:15pm Presentation by Winners of Residential Clubhouse Management Award 2015**
- 7:45pm Chairman Address & Buffet Dinner Starts**
- 8:30pm Stage Performance, Prize Presentation & Lucky Draw**
- 10:30pm End of Function**

Members are welcome to join the dinner with their guests. The dinner fees are:

Member & one of his / her guest(s) \$500 per person

Non-member guests \$1000 per person

Buffet dinner coupons can be reserved by returning the attached "Reply Slip" by **31 March 2016 (Thursday)** together with a crossed cheque payable to the "Hong Kong Recreation Management Association" and mail to "P.O. Box 9044, General Post Office, Hong Kong". Coupons will be available for your collection on the day at the reception table of the AGM. You may also return by e-mail the Reply Slip together with a copy of the receipt for reservation or, you may pay the fees on the day when attending the AGM and Annual Dinner. For your information, free parking facilities will be provided and the car park is located just opposite to the Convention Centre. You may also make use of the free shuttle service between MTR Disneyland Resort Station and The Convention Centre provided by the Hong Kong Disneyland Hotel. For enquiry, please contact Mr. Kelvin LEUNG at 6627-3304 or Mr. Michael LAM at 6542-3388.



2016 Annual Dinner - Reply Slip

To Mr. Kelvin LEUNG, HKRMA

P.O. Box 9044, General Post Office, Hong Kong

I would like to reserve buffet dinner coupons as follows:

Please put a tick as appropriate.

	<u>Name</u>	<u>Member / Guest #</u>	<u>Payable Amount</u>
1.	_____	_____ / _____	_____
2.	_____	_____ / _____	_____
3.	_____	_____ / _____	_____
4.	_____	_____ / _____	_____
5.	_____	_____ / _____	_____
6.	_____	_____ / _____	_____
7.	_____	_____ / _____	_____
8.	_____	_____ / _____	_____
9.	_____	_____ / _____	_____
10.	_____	_____ / _____	_____

Total: \$ _____

Please mark "x" in the appropriate box.

I enclose herewith a crossed cheque in the amount of \$ _____ payable to the "Hong Kong Recreation Management Association" (by mail)

I shall pay the fees on the day when attending the AGM and Annual Dinner.

Signature : _____ Date : _____

Name : _____ Membership No.: _____

Contact Telephone No.: _____ Fax No.: _____



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2015 住宅會所管理大獎 初審過程



今年住宅會所管理大獎的競爭十分激烈，這個比賽由一年一度改為兩年一度之後，有效地給予參加比賽的會所同工更多的準備時間，去將自己的工作做到最好，而且亦吸引不少新的住宅會所參加比賽，令參賽單位再創新高，由截止報名開始，工作人員及一眾評審便馬不停蹄，開始一系列的工作。

2015住宅會所管理大獎評審流程	
2015年10月24日	簡介會
2015年11月30日	截止報名
2015年12月 - 2016年1月	參賽文件評審
2016年1月 - 3月	實地考察
2016年4月9日	最後評審

比賽分為3個階段，第1個階段是參賽文件的評審，參加者會根據大會要求，提供指定的會所

資料，例如一些安全檢測證明、會所設施使用率、安全報告、維修保養的預算、管理架構、未來發展等資料。這些資料並非一般儲存的數據，而是充實反映會所的管理模式及成效的證明，因此每位評審對每一份提交的資料都予以高度的重視，當中評審的討論亦反映出不同會所的不同管理方針，意義甚大，尤其對未來會所管理的發展方向。

準則	評分
環境質素	10
安全性	12
維修保養	10
衛生條件	10
團隊管理	12
活動組織的多元化及吸引力	12
客戶服務	12
設施使用率	10
持續發展計劃	12
總分	100



收到各參賽會所的報名表之後，初審的評判便逐一仔細閱讀文件，並根據九項的評審準則，給予分數，選出能夠進入下一回合（實地考察）的參賽單位。

第2個階段是實地考察，評審隊伍一朝早便出發，馬不停蹄去參觀不同的會所。當抵達一刻，工作便正式展開，部分評審負責檢查及核對不同的文件，包括安全檢測證書、使用率報告、安全報告、維修保養報告等等，而另一方面



實地考察：
進入會所之後各評審便立刻分工，由會所負責人先作介紹。



在會所管理人員帶領下，評審盡力去了解各項設施的設計、保養、維修及使用情況等等。



泳池的管理永遠都是一絲不苟的，評審亦一樣。



觀察完畢，當然要互相交流一下，才能不斷進步。

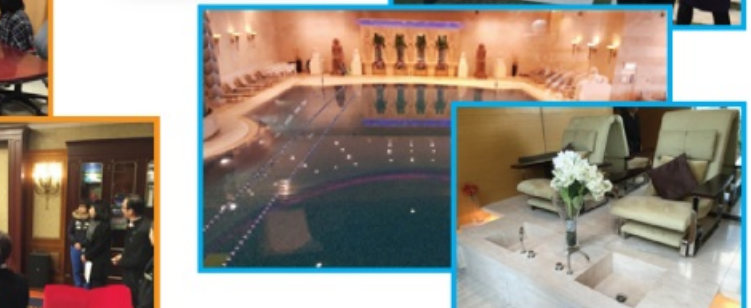
，會所負責人亦會帶領其他評審參觀各項的設施，各評審的分工十分清晰，有負責提問考核的、有負責測試員工的、亦有負責觀察每項設施器材損毀的，務求令每一次的考察都能得到所有的答案。



各評審對各項設施的佈置、設計及安全都觀察入微，嚴謹認真。



對會所的一些特色活動及設施，各評審更落足心機，希望透過該次比賽，另整個會所行業不斷進步。



至於第3階段，密切留意下一期的報導

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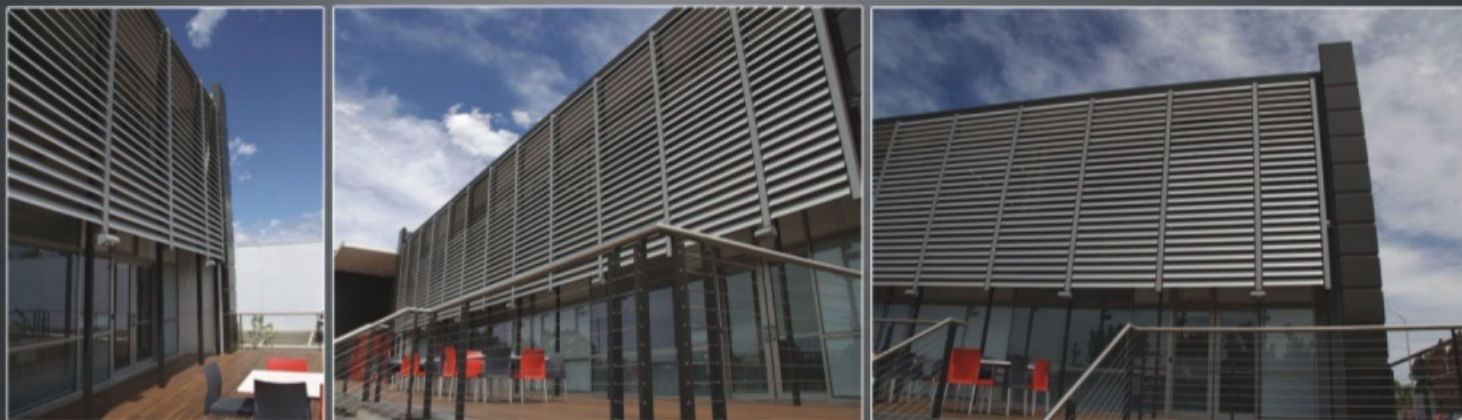
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Redevelopment of Victoria Park Swimming Pool Complex

Paul Cheung

The new Victoria Park Swimming Pool Complex was completed and opened to public use on 16 September 2013. As part of the redevelopment project, new nine tennis courts, two roller skating rinks and a handball court were recently reprovisioned and opened for public use after the completion of the new Victoria Park swimming pool project.

Background

Redevelopment of Victoria Park Swimming Pool Complex was initiated by the Leisure and Cultural Services Department (LCSD) in 2009. The old swimming pool complex was completed in 1957 and was officially opened for use by Sir Alexander Grantham. A large mural wall at the entrance of the old pool complex was an icon and brought memories to a lot of people. Although it was outdated, it was still the most popular swimming pool complex due to its convenient location at Causeway Bay. The old swimming pool complex provided outdoor swimming facilities comprising a 50m x 20m main pool for holding swimming competitions. At the deep end of the main pool, a high diving platform up to 10m was provided for holding various diving events. Other swimming facilities including a teaching pool and a training pool were also provided. The old pool complex also provided a spectator stand with seating capacity of 1 700. Since these swimming facilities were outdated, LCSD decided to redevelop the old swimming pool complex.



Old Victoria Park Swimming Pool Complex



High diving platform at old swimming pool complex



Entrance of old Victoria Park Swimming Pool Complex

Redevelopment of Victoria Park Swimming Pool Complex

As the usage of the old Victoria Park Swimming Pool Complex was extremely high, members of the public considered that this facility should not be closed down for the redevelopment. LCSD then decided to construct the new swimming pool complex on a site where the tennis courts, a roller skating rink and a handball court were located. Hence, the old swimming pool complex could still be in operation while the new one was built. The same facilities on the site being used for redevelopment would be reprovisioned upon the completion of the new swimming pool complex.



Redevelopment of Victoria Park Swimming Pool Complex

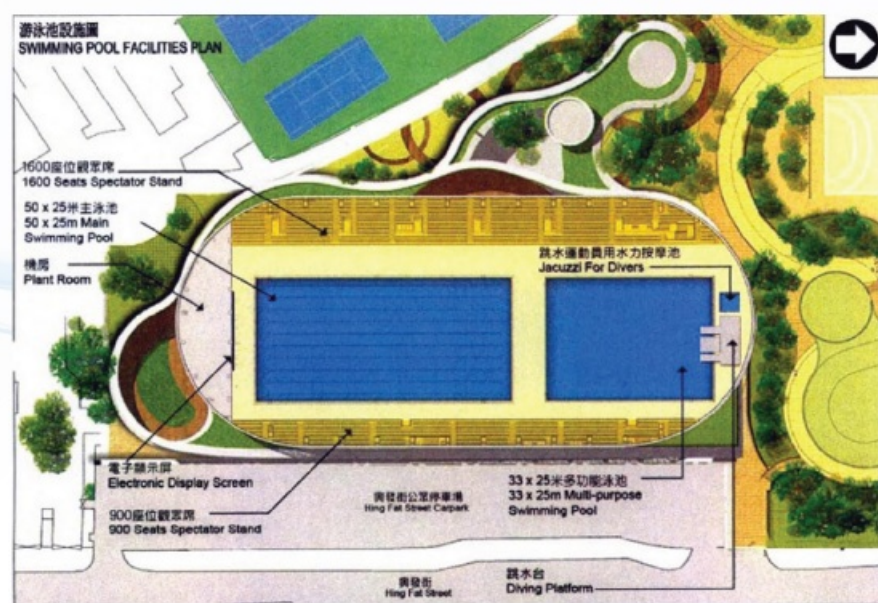
Plan for Redevelopment of Victoria Park Swimming Pool Complex

The site where the new swimming pool complex is located occupying a total area of about 2.4 hectares. The new pool complex provides indoor heated swimming facilities complying the latest Federation Internationale De Natation (FINA) standards for holding Olympic swimming competitions. The new swimming facilities include one 50m x 25m main pool with adjustable flooring and movable bulkhead to allow greater flexibility for use. A multi-purpose pool with dimensions of 33m x 25m with adjustable flooring is also provided. At the end of this multi-purpose pool, a high 10m diving platform



Schematic outlook of new Victoria Park Swimming Pool Complex

with diving boards at 1m, 3m and 5m high are provided for holding various Olympic diving competitions and the pool can also be used for Water Polo activities. Other supporting facilities including spectator stands on both sides of the pools with 2 500 seating capacity, changing rooms, toilets, crush halls, filtration plant room and other supporting facilities for holding swimming competitions are provided.



Interior design of the new Victoria Park Swimming Pool Complex



Exterior of the new Victoria Park Swimming Pool Complex



New main and multi-purpose pools inside the complex



New 10m high diving platform inside the pool complex



New handball court outside Victoria Park Swimming Pool

Reprovisioning of Facilities on the Old Swimming Pool Complex Site

Upon the completion of the new Victoria Park Swimming Pool Complex, the old one was demolished for reprovisioning of nine tennis courts (with four courts for practicing), two roller skating rinks (one for beginners), one handball court and a landscaped area. These facilities had been completed and opened for public use.

Assessment of the Redevelopment Project

With the advance technology, new features have been incorporated into the new Victoria Park Swimming Pool Complex. These new features include movable bulkhead, movable flooring, and lift for access to the 10m high diving platform. The movable bulkhead can be used to divide the 50m main pool into two 25m pools for holding swimming short courses. The movable flooring in both main and multi-purpose pools is used to raise the pool bottom to provide various depths for meeting different purposes of use. For

instance, a uniform depth of 2m is required for holding Olympic swimming competitions in the main pool but is considered too deep for casual use. Hence, the depth of the pool can be adjusted to 1.2m by using the movable flooring when it is for casual use. To enable the divers to go up to the 10m diving platform located in the multi-purpose pool, a lift is provided to facilitate their access. This provision meets with FINA requirements.

Demand for Swimming Facilities

Swimming is very popular in Hong Kong. According to the Hong Kong Planning Standards and Guidelines (HKPSG, Chapter 4, section 1.14.15), a swimming pool is provided for every 187,000 population (i.e. 1m² water surface area per 85 persons). With the existing provision of 43 swimming pool complexes (9 on Hong Kong Island, 13 in Kowloon and 21 in the New Territories) by LCSD, it seems that the current planning standards have been met. However, there is still a deficiency of such facility in certain districts. For instance, there is no provision of public swimming facility in Central District due to lack of open space for such development (a minimum of 2 hectares site is required for the development of a swimming pool complex in accordance with the HKPSG), and some districts though provided with swimming pool facilities, these facilities are too small to meet public demand as some of them are leisure pools with limited admission capacity. Although there are more and more indoor heated swimming pools provided in the existing swimming pool complexes, however, some of these indoor heated pools are leisure pools with a small swimming capacity. Hence, more indoor heated swimming pools should be provided because when the outdoor swimming pools are closed for annual maintenance during winter months, the number of swimming pools available for public use is becoming less. Swimming is considered an activity suitable for people at all ages and this activity should be a year-round one. A list of existing public swimming pools is below.

Hong Kong Island (9 swimming pool complexes)

English name	Chinese name	Opened
Chai Wan Swimming Pool	柴灣游泳池	1980
Island East Swimming Pool	港島東游泳池	2001
Kennedy Town Swimming Pool (Redeveloped)	堅尼地城游泳池 (重建)	2011
Morrison Hill Swimming Pool	摩理臣山游泳池	1972
Pao Yue Kong Swimming Pool	包玉剛游泳池	1977
Siu Sai Wan Swimming Pool	小西灣游泳池	2011
Sun Yat Sen Memorial Park Swimming Pool	中山紀念公園游泳池	2011
Victoria Park Swimming Pool (Redeveloped)	維多利亞公園游泳池 (重建)	2013
Wan Chai Swimming Pool (Redeveloped)	灣仔游泳池 (重建)	2015

Swimming Pool Complexes with indoor heated swimming pools

Kowloon (13 swimming pool complexes)

English name	Chinese name	Opened
Hammer Hill Road Swimming Pool	斧山道游泳池	1996
Ho Man Tin Swimming Pool	何文田游泳池	1999
Jordan Valley Swimming Pool	佐敦谷游泳池	1996
Kowloon Park Swimming Pool	九龍公園游泳池	1989
Kowloon Tsai Swimming Pool	九龍仔游泳池	1964
Kwun Tong Swimming Pool (Redeveloped)	觀塘游泳池 (重建)	2013
Lam Tin Swimming Pool	藍田游泳池	2012
Lai Chi Kok Park Swimming Pool	荔枝角公園游泳池	1984
Lei Cheng Uk Swimming Pool	李鄭屋游泳池	1971
Morse Park Swimming Pool	摩士公園游泳池	1970
Sham Shui Po Park Swimming Pool	深水埗公園游泳池	1985
Tai Kok Tsui Swimming Pool	大角咀游泳池	2006
Tai Wan Shan Swimming Pool	大環山游泳池	1977

Swimming Pool Complexes with indoor heated swimming pools

New Territories (21 swimming pool complexes)

English name	Chinese name	Opened
Fanling Swimming Pool	粉嶺游泳池	1978
Hin Tin Swimming Pool	顯田游泳池	1992
Jockey Club Yan Oi Tong Swimming Pool	賽馬會仁愛堂游泳池	1984
Kwai Shing Swimming Pool	葵盛游泳池	1975
Ma On Shan Swimming Pool	馬鞍山游泳池	1997
Mui Wo Swimming Pool	梅窩游泳池	1992
North Kwai Chung Jockey Club Swimming Pool	北葵涌賽馬會游泳池	1984
Ping Shan Tin Shui Wai Swimming Pool	屏山天水圍游泳池	2011
Sai Kung Swimming Pool	西貢游泳池	1992
Sha Tin Jockey Club Swimming Pool	沙田賽馬會游泳池	1981
Sheung Shui Swimming Pool	上水游泳池	1991
Shing Mun Valley Swimming Pool	城門谷游泳池	1998
Tai Po Swimming Pool	大埔游泳池	1991

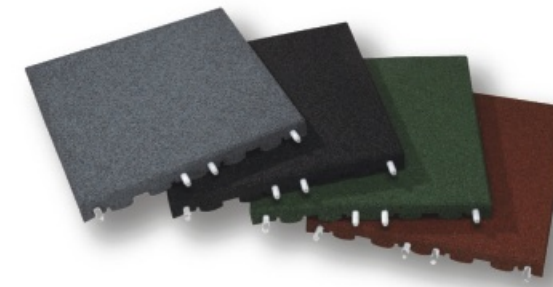
Tin Shui Wai Swimming Pool	天水圍游泳池	1994
Tseung Kwan O Swimming Pool	將軍澳游泳池	2001
Tsing Yi Swimming Pool	青衣游泳池	1996
Tsuen King Circuit Wu Chung Swimming Pool	荃景圍胡忠游泳池	1989
Tuen Mun Swimming Pool	屯門游泳池	1986
Tuen Mun North West Swimming Pool	屯門西北游泳池	2012
Tung Chung Swimming Pool	東涌游泳池	2011
Yuen Long Swimming Pool	元朗游泳池	1983

Swimming Pool Complexes with indoor heated swimming pools

(Source: The Leisure and Cultural Services Department on Provision of Public Swimming Pools)

Conclusion

Hong Kong has provided well-equipped and sophisticated swimming facilities to meet the needs of different uses. Majority of the facilities are up to FINA standards and can be used for holding international swimming competitions and for causal use. Nonetheless, the existing distribution of swimming facilities is not even as some areas still do not have such facility to meet the local demands. We do not expect members of public to travel a long distance for a casual swim. Hence, it is considered necessary to provide additional indoor heated swimming facilities whenever suitable site is available. Conventional swimming pools instead of stand-alone leisure pools should be developed as the former allows a greater admission capacity and will enable a good use of the site.

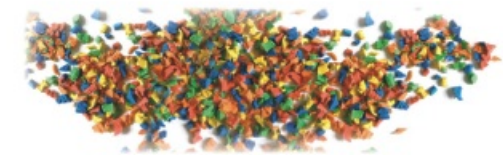
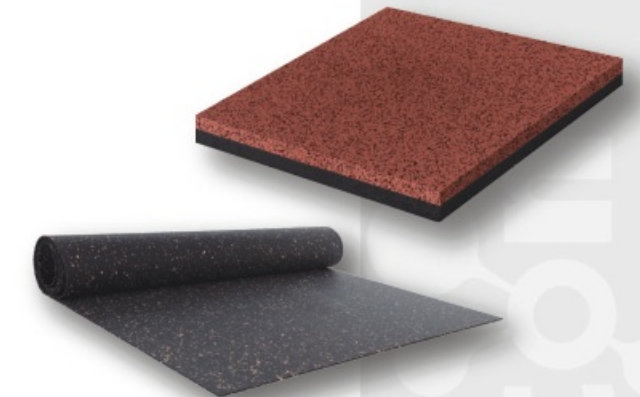


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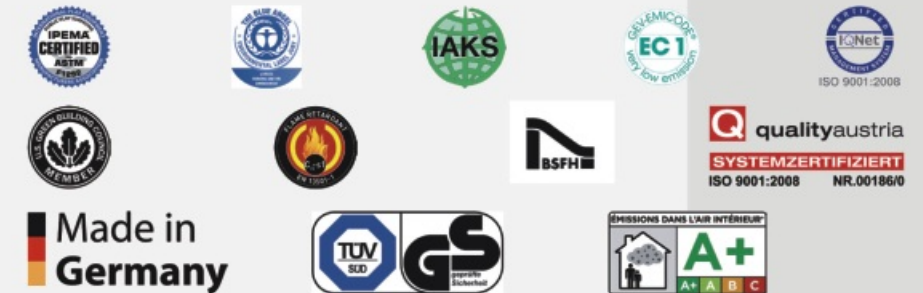


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泳池消毒有法

炎熱的夏季到游泳池游泳似乎是消暑的好方法。但人流越多，公共泳池就越不像表面看起來那麼清潔乾淨。由於夏天泳池長期開放，一般泳池都會使用消毒劑來消毒，使池水維持一定的清潔程度。傳統的消毒方法有氯化消毒、臭氧消毒、照射消毒和碘化消毒。當今常用的消毒方法通常為前兩者，即氯化消毒和臭氧消毒。

氯 (Chlorine)

氯化是最廣泛使用的池水消毒方法，在室溫下氣，是淡綠色氣體。通常在氯氣，鈉，鈣或鎂的次氯酸鹽的形式，但也與氯化異氰尿酸酯，這些都嚴格地稱為“氯”。

氯的優點主要是有100%效率，殺菌力強，有較強的持續作用，投資和運行費用低。但其缺點則是毒性很大，一旦洩漏或投加量過大會使人中毒，造成周圍動物或植物死亡。溶解氯在水中與人體排出的有機物反應生成有機氯化物，對人體更有致癌作用。在室內游泳池中，氯酚氣味不易散發，對人的皮膚、眼睛、口腔粘膜和呼吸系統等均有強烈刺激性。而且，氯氣與室內水氣反應生成的次氯酸鹽對建築物也有很強的侵蝕作用。

漂白粉是常用的氯一種狀態。使用漂白粉作為消毒的泳池會在機房內安裝專設漂白粉溶解的池，將漂白粉加水攪拌均勻沉澱後，取上清液均勻投入池中。注意不得將漂白粉直接投入池中。漂白粉最大的優點是價格低廉，缺點是費工費力，因漂白粉中的氯極易揮發失效，消毒效果較差。

低游離氯濃度有保持衛生的作用，當與其他的方法結合使用如臭氧或紫外光燈 (UV Radiation)，可有效凝結和過濾水質。

臭氧 (Ozone)

第二個廣泛使用的消毒劑是臭氧 (Ozone)。臭氧是國際公認的綠色環保型殺菌消毒劑，消毒效率高，對各種病毒、細菌均有很強的殺滅能力，臭氧是強氧化劑，對降解各種有機物、除味、脫色，改善水質效果極佳，而且沒有二次污染。其消毒的特點是反應快、投量少。臭氧能迅速殺滅擴散在水中的細菌、孢芽、病毒，而且在很低的濃度時有殺菌滅活作用。臭氧的適應能力強，在PH5.6-9.8，水溫0-37℃的範圍內，對臭氧的消毒性能影響很小。臭氧在水中不會產生持久性殘餘，所以無二次污染。臭氧的半衰期很短，僅二十分鐘。加上臭氧能破壞水中有機物，改善水的物理性質，進行脫色和除臭去味作用，令水可呈蔚藍色，而又不改變水的自然性質，對皮膚及頭髮沒有任何刺激性。使用臭氧能節約其他藥劑，減少液氯使用量。游泳池水循環使用，更可節省大量的水費開支。

但臭氧消毒也有缺點。因臭氧不易溶於水中，且不穩定，故其無持續消毒功能，應設置氯消毒與其配合使用。臭氧消毒法的設備費用頗高，耗電量亦很大，因此也限制和影響臭氧消毒廣泛使用的主要原因。大多數人都因在0.1ppm

檢測出的難聞刺鼻氣味而產生頭痛，令眼睛有被燃燒的感覺，也會刺激呼吸通道，導致不適和健康的不良影響。

在決定使用氯或臭氧時，泳池主管可從以下幾個方面作出考慮：

1. 消毒性的效能
2. 計算成本
3. 如何儲存或存放
4. 消毒劑是否有副作用

大家都很關心游泳池的衛生，擔心池內水質的細菌問題，因此使用消毒劑。雖然解決了水質衛生問題，卻引發另一個化學毒物問題。呼籲經常接觸游泳池的人，關心游泳池的水質與空氣品質。愛游泳的人士，維持運動是好習慣，而且可以健康身心，但也要注意可能的傷害。

參考資料：

<http://www.lcsd.gov.hk/tc/aboutlcsd/ppr/statistics/leisure.html#pool>

<http://www.swimmingpool.com>

長者健體不簡單 (上)

最近流行一個很簡單的「初老」測試，由一些生活上的小節及生理特徵去預測一個人開始有年老的改變。想知你有否「初老」的徵兆，以下16個現象，有5條以上，就說明你變老了：

1. 喜歡低調，逐漸不喜歡燈紅酒綠的生活。
2. 熟人面前愛嘮叨，生人面前少搭訕。喜歡交往有共同愛好的朋友。
3. 可以不看电视，但热衷玩whatsapp、微信。智慧型手機、電腦是必需品。
4. 最常說的一句話是：心態、健康最重要。
5. 開始喜歡研究國學，歷史、天文、地理，嚮往退休後的生活。
6. 愛好中必定有一項是運動。
7. 開始勸誡朋友戒煙戒酒。
8. 有意無意開始縮小、精選朋友的圈子。
9. 開始買以前捨不得買的東西。
10. 喜歡和媽媽、爸爸呆一起聊天。越來越宅在家中。
11. 開始每年定期身體檢查。
12. 旅遊成了一種習慣了。
13. 喝茶越來越講究了。吃飯開始好清淡。
14. 性情越來越溫順。輕易不和人發脾氣鬥氣了。
15. 注重全方位的保養，開始會治各種小病，懂藥理了。
16. 衣服鞋子全以舒服為主了，開始相信養生的必要性了。



雖然這類測試未必有任何科學根據，但上述「現象」卻反映現時普遍中年人生活模式的改變，而畢者留意的卻只是自己將來怎樣塑造一個至FIT既老年生活，但16個現象中卻只有一項是關於運動的，而且內容亦沒有仔細解釋，可見都市人對運動為老化的身體帶來的好處還未有太深的了解，其實要知道自己將來的生活模式如何，可以先了解何謂「老化」，這包括：

- **外觀方面：** 頭髮變灰、皮膚失去彈性、閱讀時需要配戴老花眼鏡、站立姿勢向前彎等等
- **神經系統方面：** 聽覺、視覺、嗅覺效能開始下降、反應變慢、平衡及姿態不穩
- **體能方面：** 肌肉及骨質密度變差、關節的柔軟度轉弱、心肺耐力衰退、肌肉萎縮、脂肪增加

當長者發現身體質素慢慢變差，甚至連起床、更換衣服及步行時都感到困難時，這容易令長者感到抑鬱而導致減少他們的社交生活，最後只會逐漸把自己關起、形同放棄自己的價值一樣，及早開始培養恆常運動的習慣，可以：

- A 減低患病風險** (高血壓、中風、心臟病、癱瘓、結腸癌、抑鬱、膽固醇過高、跌倒、壓力及焦慮)
- B 改善日常生活** (步行時不需依靠輔助工具、能照顧自己、如更換衣服)
- C 提昇健康程度** (心血管系統、使肌肉顯出線條、增強耐力及強度、增加幹勁及體力、改善柔軟度)
- D 增加自信** (透過運動去改善體形及外觀、亦可藉運動增加朋友，擴闊社交圈子)

長者運動的價值，可以用著名的“**ICARE**”原則去解釋：

I 代表獨立 (I ndependence)

當長者擁有一健康體格，他們就能應付日常生活所需，甚至處理危急情況。獨立的長者可以自行照顧自己。相對於需要別人照顧的長者，他們的完整感較高。

C 代表心血管系統 (C ardiovascular system)

持續的帶氧運動如步行及游泳能有效提昇心血管及肺部的工作效率。在進行持續而有效的帶氧運動下，心血管系統功能會得到提昇，使心臟每一跳能輸出更多血液，並每跳之間的時間較長。帶氧運動亦能提高高密度膽固醇含量，能預防心臟病的發生

A 代表外表 (A ppearance)

做運動可以消耗卡路里，亦可同時減輕體重，籍此改善外表。做運動亦可強化肌肉，及令長者有一較年輕的外表。當一個人擁有良好的外表，自信心亦會隨之而增加，令他們的心理狀況更佳。



R 代表鬆馳 (R elaxation)

參與運動能令人減輕壓力，並且可以降低血壓、緊張性頭痛及讓人有一良好、有素質的睡眠。情緒得到提昇，大大減低服用降抑鬱藥的需要。

E 代表活力 (E nergy)

運動能給予長者一脫胎換骨的感覺，使他們充滿活力。這使他們的肌肉可更有效率地完成工作並且不易感到疲勞。

下期畢者會為大家介紹一些適合長者的運動。

參考資料：
<http://hk.apple.nextmedia.com/realtime/china/20160227/54803586>