

保持健康的體重對身體有很多好處，可減少出現高膽固醇、心臟病、糖尿病等健康問題。

但忙碌的現代生活令我們忽略飲食品質並缺乏運動。進食太多高油、高糖、低纖的加工食品，往往容易攝取過多熱量，導致不健康的體態。因此減重成了現代人關心的健康議題之一。

Maintaining ideal body weight has numerous health benefits, such as reducing risk of high cholesterol, heart disease, diabetes and more.

However, we are often unaware of the quality of our diet and importance of exercise. Over consumption of processed food with high-fat, high-sugar, and low-fiber easily increased calories intake, resulting in an unhealthy body shape. Nowadays, weight loss has become one of the health issues people are concerned about.

## 減重計劃常見的問題

### Common issues of your weight loss plan



不適當的運動導致肌肉及關節受傷  
**Inappropriate exercise causes injury with muscle and joint pain**



過度節食或單一重複的飲食計劃，體重容易反彈

**Weight becomes easy to rebound due to over-restrictive dieting or repetitive diet plan**



計算卡路里卻忽略食物的營養價值  
**Overlook nutritive value of foods when practice calorie counting**



節食但不運動或導致肌肉流失，降低新陳代謝率

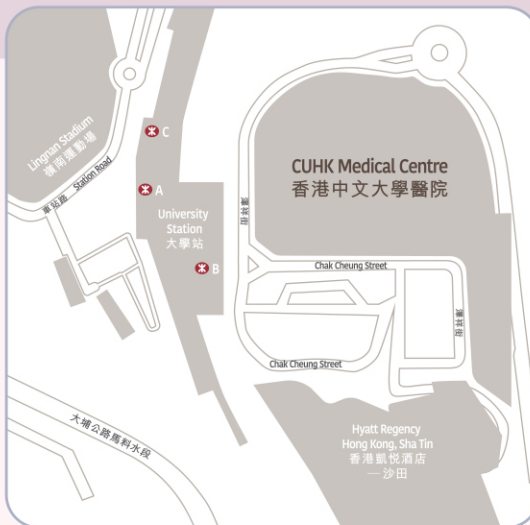
**Dieting without exercise may lead to the loss of muscle and lowering the metabolic rate**



認為多做運動，便可以吃更多  
**Thought he/she can eat more if has more exercise**



Your Health 為你健康  
Our Purpose 盡力盡心



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# 體重管理計劃

## WEIGHT MANAGEMENT Programme



CUHKMC/WELLNESS/WEIGHT/2022/11





## 體重管理計劃

### Weight Management Programme

本院的體重管理計劃針對希望維持健康體態的人士而設，幫助參加者了解他們的健康狀況，並透過專業建議規劃體重控制安排。

Our Weight Management Programme is designed for people who are concerned about their health and body shape. We aim to help participants to understand their health status and to plan their weight control journey via professional advices.

## 計劃特色

### Programme Features

- ✓ 以健康檢查及詳盡的身體組成分析報告為基礎，助安全而有效地規劃體重控制安排。

Based on health check and detailed body composition analysis, we allow participants to understand their health and plan their weight control journey in a safe and effective way.

- ✓ 提供由醫生及營養師針對參加者制定改善生活方式的建議。

To provide lifestyle modification by doctor and dietitian.

- ✓ 備有延伸計劃及服務，包括營養和運動計劃、行為療法或針對減重問題治療等，供有需要的參加者作選擇。

Extended plans and services are available for participants in need, including programmes for improving diets and exercise habits, behavior therapy and weight loss treatment.



## 延伸計劃及服務：

### Extended Plans and Services :

「健營健體計劃」為包含營養改善建議及運動的計劃，由營養師和物理治療師共同設計，令參加者以安全有效的方式控制並維持理想體重。

Fitness and Health programmes with dietetic and exercises advices co-designed by dietitian and physiotherapist, allowing participants to achieve weight control and maintain ideal body weight in a safe and effective way.



健營健體計劃詳情

Details on Fitness and Health Programmes

針對體重指數高的參加者，本院體重管理和代謝外科門診之專科醫療團隊，亦提供不同減重治療的選擇。

Supported by medical specialists, our Weight Management and Metabolic Surgery Clinic offers weight loss treatments for participants with high BMI.



詳情請瀏覽體重管理和代謝外科門診

Please visit Weight Management and Metabolic Surgery Clinic for more information.



# 飲食及運動的健康貼士

## Healthy tips for diets and exercises

- ✓ 設立合理目標，著眼於長遠地維持所減的重量  
Set reasonable goals and aim to maintain the reduced weight in long run
- ✓ 了解所需的卡路里和食物份量，並在外出用餐前提前計劃  
Understand calorie and portion of foods that you need; plan ahead before eat-out
- ✓ 詳讀營養標籤並選擇能以較少能量提供更多營養的食物  
Read nutrition label; choose foods and snacks with more nutrients with less energy
- ✓ 以漸進的方式改變飲食，但必須是可持續的  
Progressive change in diet, but have to be sustainable
- ✓ 一開始不要有過分雄心壯志的運動計劃  
Not overly ambitious with workout plan at the beginning



# 體重管理計劃內容及收費

## Weight Management Programme Details & Fee

### 醫生諮詢 Doctor Consultation

檢測前、後各一節

One pre-test and one post-test consultation

### 營養師諮詢 Dietitian Consultation

改善飲食的建議

Advices on diet improvement

### 體格檢查 Physical Examination

血壓、身高、體重指數(BMI)及腰圍

Blood Pressure, Height, Body Weight, Body Mass Index (BMI) and Waistline

### 身體組成分析 Body Composition Analysis

以多頻生物電抗阻分析技術，評估身體的營養狀況

(水份、蛋白質及礦物質等含量) 以及體脂

With multiple frequency bioimpedance analysis technology for assessing nutritional status (water, protein, minerals etc.) and body fat

### 冠心病風險 Coronary Artery Disease Risk Assessment

全血脂分析 Lipid Profile

■ 總膽固醇 Total Cholesterol

■ 高密度膽固醇、低密度膽固醇 High-density Lipoprotein & Low-density Lipoprotein

■ 非高密度脂蛋白膽固醇 Non-high-density Lipoprotein Cholesterol

■ 三酸甘油脂 Triglycerides

■ 總膽固醇及高密度膽固醇比率 Total Cholesterol / HDL ratio

### 心臟健康 Heart Assessment

靜態心電圖 - Resting ECG

### 糖尿病評估 Diabetes Assessment

空腹血糖 Fasting Blood Sugar

糖化血色素 HbA1c

### 血液檢測 Blood Analysis

血型及Rh因子 Blood Grouping & Rh Factor

全血計數 Complete Blood Count

■ 紅血球、血色素、白血球、血小板 Erythrocytes (red blood cell), Hemoglobin, White Blood Cell, Platelet

### 骨質、肝功能檢驗 Bone, Liver Function Test

總蛋白、白蛋白、球蛋白 Total Protein, Albumin, Globulin

谷丙轉氨酵素 ALT

丙種谷氨酰轉肽酶 Gamma GT

鹼性磷酸酵素 Alkaline Phosphatase

谷草轉氨酵素 AST

總膽紅素 Total Bilirubin

鈣、磷 Calcium, Phosphorus



## 腎功能檢驗 Renal Function Test

尿素，肌酸酐 Urea, Creatinine

鈉、鉀、氯化物 Sodium, Potassium, Chlorides

## 痛風風險 Gout Screening

尿酸 Uric Acid

## 甲狀腺功能測試 Thyroid Function Test

促甲狀腺激素 TSH

## 小便常規檢驗 Urinalysis

尿液常規檢驗 Urine Routine

**收費 Fee HKD \$2,950**