

英文

Fair Ladies – Healthy Weight Loss

Definition of obesity

Definition: BMI at between 18.5 and 24 is regarded as normal, over 24 is considered overweight, and over 27 is considered obese.

BMI = personal weight (kg)/height (square meter)

For men's waistline exceeding 90cm and women's waistline exceeding 80cm, they are referred to as obese.

The actual body weight has exceeded 220% of ideal body weight.

Ideal body weight

Men's ideal body weight (kg) = [height (cm) - 80] × 0.7

Women's ideal body weight (kg) = [height (cm) - 70] × 0.6

Causes of obesity?

There has been a problem in life management, such as binge eating (too much intake of foods), physiological and psychological effects (hunger feeling), genetic (metabolic rate), eating habits, social environment, endocrine and genetic inheritance.

A shortcut to weight loss is to conduct a proper life management program. Weight loss success lies in psychological and living habits.

Why you should lose weight?

Obesity is an illness. An ideal weight will allow you to feel healthier and prettier.

中文對照說明

窈窕淑女－健康減重

肥胖的定義

定義：BMI 在 18.5 到 24 之間為正常，超過 24 為體重過重，超過 27 為肥胖。

BMI=個人體重(公斤)/身高(平方公尺)。

男性腰圍超過 90 公分，女性腰圍超過 80 公分，即可稱為肥胖。實際體重超過理想體重 20%。

理想體重

男性的理想體重(公斤)=〈身高(公分)-80〉×0.7

女性的理想體重(公斤)=〈身高(公分)-70〉×0.6

為什麼會肥胖？

是生活管理出了問題，如：暴飲暴食(食物攝取過多)、生理心理(飢餓感)、遺傳(新陳代謝速率)、飲食習慣、社會環境、內分泌、基因遺傳。

減重的捷徑是做好生活的管理。減重的成敗在於心理與生活習慣。

為什麼要減肥？

肥胖是一種疾病。理想的體重，讓人更健康、更美麗。

How to lose weight?

By means of food control, regular exercise, drug assistance and medical weight loss (liposuction, surgery, intestinal truncation, bariatric surgery, stomach tied-up and intestinal bypass).

Undetermined efficacy remedies such as sauropus, slimming tea and ear acupuncture, etc.

Common side effects of weight loss

Medical liposuction has the side effects of partial hardening and unevenness on body, etc.

Sauropus tends to cause respiratory failure and a need to perform lung transplantation.

The senna ingredient found in slimming tea will cause diarrhea and electrolyte imbalance. Please take caution!

Weight loss diet principles

1. Take three meals daily and do not eat snacks. Take meals at a fixed time and fixed amount. Take light foods prepared by means of boiling and cooking.
2. Drink the soup first, followed by taking vegetables and finally eating meats and rice slowly. Reduce the intake of high calorie foods.
3. Chew and swallow the foods slowly. If you don't feel hungry, you should then stop eating.
4. Concentrate on eating without watching TV or reading a book.
5. Eat less snacks or desserts, drink less beverages and liquor, and eat fewer foods with high calories such as peanuts and nuts.

如何減肥？

食物的控制、規律的運動、藥品的輔助、減重醫療（抽脂、外科手術、截短腸道、胃間隔手術、胃緊紮、腸繞道）。

未確定療效之偏方，如：守宮木、減肥茶、耳部針灸…等。

常見減肥的副作用？

醫療抽脂呈現局部硬化、凹凸不平等副作用；守宮木造成呼吸衰竭，需肺移植；減肥茶成份番瀉葉，造成腹瀉，致電解質失衡…，不得不慎。

減肥的飲食原則

1. 每日以三餐為主，不吃點心；進食時，定時定量；多吃蒸、煮等清淡食物；
2. 先喝湯，再吃蔬菜，最後慢慢吃肉類和米飯，減少高熱量食物的攝取；
3. 細嚼慢嚥，若已不餓，則應停止進食；
4. 專心進食，不可邊看電視或看書邊吃東西；
5. 少吃零食或甜點，少喝飲料及酒；少吃高熱量食物，如：花生、堅果類食物。

Regular exercise

Increase energy consumption and control the body weight. Increase the metabolic rate to enhance immunity. Take regular exercise to improve heart and lung functions.

Improve the muscle strength and flexibility to reduce unintentional injuries. Relieve life stress to eliminate physical and mental fatigue. Respond to social life to improve interpersonal relationship.

333 Exercise Principles

Engage in aerobic exercise, and exercise at least 3 times weekly.

Spend at least 30 minutes in each exercise.

Exercise up to the extent of feeling out of breath but still manage to talk, or reaching a pulse rate of 130bpm.

規律的運動

增加能量消耗，控制體重；增加新陳代謝速率，增強免疫能力；規律運動，增加心肺功能；提高肌力及柔軟度，減少意外傷害；解除生活壓力，消除身心疲勞；應對社交生活，改善人際關係。

運動 333 原則

從事有氧運動，每週至少運動 3 天。

每次運動至少 30 分鐘。

運動強度達到會喘但仍可說話的程度或心跳達每分鐘 130 下。

