

身體成分大檢查 (男士篇)

內臟脂肪 不可忽視

Body Composition Testing (Men's Series)

The Dangers of Visceral Fat

「啤酒肚」通常都會用作形容男性的「大肚腩」，男性又是否特別容易有「大肚腩」呢？有研究發現，四成港人的腰圍超標，屬「大肚腩」一族；「中央肥胖」亦有年輕化跡象，男性步入30歲就開始有「大肚腩」*。

設置於安利體驗館的身體成分分析機，近4年間收集了接近10,000名年齡介乎18至65歲量度者的身體成分資料(體重管理比賽參加者之資料不計算在內)，30至40歲的男士當中，4成半的內臟脂肪等級屬偏高#；而41至65歲的男士當中，則有超過8成的內臟脂肪等級屬偏高#。「中央肥胖」，正正就是內臟脂肪過多的常見表徵之一。

Men are more prone to carrying extra weight in their stomachs, and it's a fact of life that men are more likely to get a beer belly. Research has shown that 40% of Hong Kong people have a waist circumference that is greater than normal and so belong to the "fat belly" group*. It is observed that "central obesity" begins in young adulthood, men who are entering their 30s start to have "fat belly".

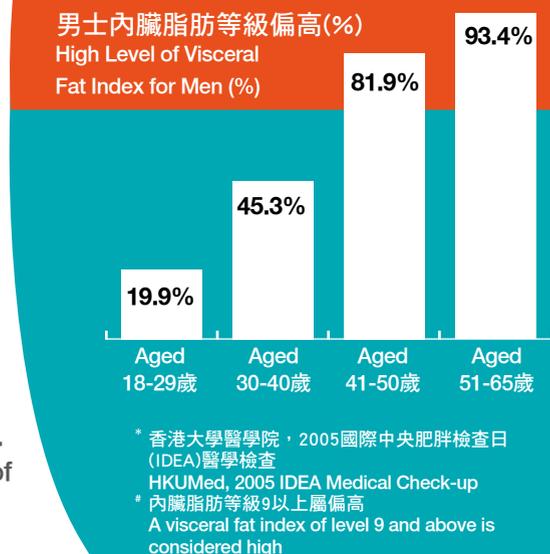
The Body Composition Analyzer installed at the Amway Experience Centre collected body composition data from some 10,000 individuals aged between 18 and 65 over the past four years (excluding those taking part in the weight management competition). The analysis showed that 45% of men aged 30 to 40 had a high visceral fat index#, while more than 80% of men aged 41 to 65 had a high visceral fat index#. The results indicate that so-called "central obesity" is one of signs that the body is storing excessive visceral fat.

什麼是內臟脂肪 What is Visceral Fat?

體脂肪大致可分為皮下脂肪與內臟脂肪兩大類。皮下脂肪存在於皮膚下，如手臂、大腿、臀部等；內臟脂肪則主要環繞在腹腔與腸胃四周。內臟脂肪對健康的危害比皮下脂肪嚴重；若內臟脂肪過多，有較高機會患上各種慢性疾病。相對女性，較多男性喜歡喝酒和進食較多肉類，同時較不重視身型，這都與男士內臟脂肪比女性高有關。事實上，並不是所有內臟脂肪高的人士都會有「大肚腩」，這類人士屬於「隱形肥胖」。他們體重正常，但是體內脂肪比例卻超出標準；因此我們要定期量度脂肪率，盡早發現，及早預防。

Body fat mainly consists of subcutaneous fat and visceral fat. Subcutaneous fat exists under the skin in areas around the arms, thighs and buttocks, while visceral fat lies underneath the muscle and surrounds the abdominal organs. Visceral fat is more dangerous than subcutaneous fat as it is associated with an increased risk of various chronic diseases. Men have a higher tendency to accumulate visceral fat than women due to factors such as drinking more alcohol, consuming more meat in their diet, and paying less attention to their body shape.

It's important to note that not all people with high levels of visceral fat will have a pot belly. Such people can be defined as "invisible obesity", whose weight is normal, but their body fat ratio is above average. This means that we need to measure body fat on a more regular basis for early detection and prevention.



如何減掉內臟脂肪?

How Do We Reduce Visceral Fat?



進行有氧運動 Do Aerobic Exercise

建議進行輕鬆的肌力訓練及有氧運動。每週進行至少3次，每次30分鐘以上如跑步、健身操、瑜珈等運動，對消耗內臟脂肪有一定的效果。

Lightweight strength training and aerobic exercise are recommended. Do exercise such as running, aerobics or yoga at least three times a week and for more than 30 minutes in each session. This helps to reduce visceral fat and you will soon notice a considerable difference.



改變飲食習慣 Change Your Eating Habits

減醃並減糖：過量食用精緻澱粉，會較易導致脂肪形成並堆積在肚子四周。建議選擇高纖的澱粉類取代精緻澱粉，如番薯、粟米等。

少食油炸食物：油炸食物往往含有過高的熱量。當缺乏運動時，身體便會把剩餘的熱量轉化為脂肪並儲存於體內；建議多以水煮或清蒸食物取代。

增加攝取膳食纖維：水溶性纖維可以透過抑制食慾與幫助維持腸道健康，從而減少內臟脂肪。

Cut down on carbohydrates and sugar in your diet. Excess consumption of refined starch will easily lead to fat accumulation, especially around the belly. It is recommended to consume high-fiber starch such as sweet potato and corn.

Avoid high-calorie fried foods. When you do not get enough exercise, your body will convert excess calories into fat and store it in your body. It is recommended to replace fried foods with boiled or steamed foods.

Also, try to increase your intake of dietary fiber. Water-soluble fiber helps reduce visceral fat by suppressing your appetite and maintaining intestinal health.



補充優質蛋白質 Use a Quality Protein Supplement

蛋白質也有助促進新陳代謝，從而幫助減輕體重和減少內臟脂肪。

Protein helps to promote the body's metabolism which in turn helps to reduce your weight and visceral fat levels.



纖體樂 Diet Supplement

- 抑制過多醣分於消化後轉化成脂肪
- 加快新陳代謝，以達至燃燒脂肪的效果
- Reduces the chance of excess glucose being turned into fats
- Accelerates metabolism and promotes fat-burning



纖維粉 Nutri Fiber Powder

- 有助促進腸道內益菌繁殖，增強腸道抵抗力，保持腸道健康
- 餐前進食纖維，有助增加飽肚感，從而控制食量
- Encourages the growth of healthy bacteria which in turn promotes healthy bowel movements
- Provides a feeling of fullness to help regulate what you eat



全植物蛋白質粉 All Plant Protein Powder

- 提煉自純天然大豆、小麥及豌豆，不含乳糖，不含膽固醇及脂肪含量低
- 有助促進細胞的新陳代謝並作出修補
- Naturally derived from soy, wheat and pea to provide a lactose-free, cholesterol-free and low-fat source of protein
- Promotes cellular metabolism and repair