

身體成分大檢查(女士篇)

Body Composition Testing (Women's Series)

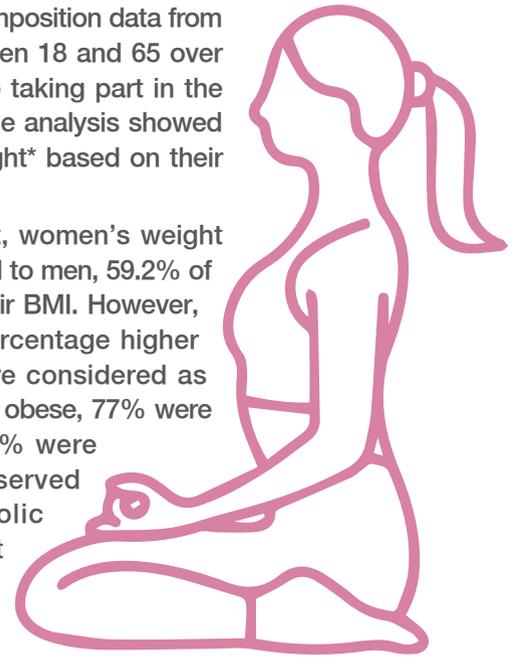
過於重視體重

Don't Fixate on "The Number on the Scale"

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)。按量度者的身體質量指數(BMI)計算，只有37.5%女士屬於過重*；單從這項數據來看，女士的過重問題相對男士(59.2%)較為輕微，而再參考女士的體脂率指數，卻有69%女士的體脂率高於27%的正常水平，屬於肥胖。當中41-50歲女士佔77%，而51-65歲女士更超過87%；隨著年齡增長，代謝率下降，令體脂率相對增加。

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 37.5% of women were overweight* based on their body mass index (BMI) calculation.

Referring to this specific data point, women's weight problems are relatively mild compared to men, 59.2% of whom were overweight based on their BMI. However, 69% of women have a body fat percentage higher than the normal level (27%) and are considered as obese. Among women deemed to be obese, 77% were aged between 41 and 50 while 87% were aged between 51 and 65. It is observed that as women age, their metabolic rate decreases while the body fat percentage increases.



身體質量指數(BMI)和體脂率為什麼分別如此大？

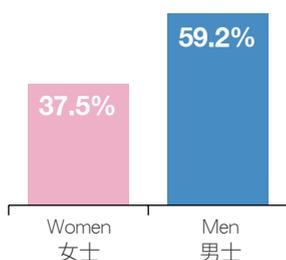
There is a significant difference between BMI and body fat percentage.

BMI的計算方法只需要身高和體重兩組數字，數據並不足以衡量一個人是否超重。根據香港大學一項調查報告[^]指出，港人減重的原因有40%是希望看上去更美觀，而體重便是最能夠反映外觀的數字。事實上，體重並不足以反映我們的身體狀況；肌肉量越多，體重自然較高，體脂率卻相對低，身體指標屬於健康；但是在BMI的計算方法中，他們卻可能「超重」，未能顯示身體的真實情況。

The calculation method for BMI only requires a person's height and weight, but other data is also needed to determine whether someone is overweight. A survey[^] conducted by the University of Hong Kong pointed out that 40% of Hong Kong people chose to lose weight because they wanted to look better, and they believed that weight was the indicator that best reflected their outlook. The truth is that weight alone doesn't fully reflect your physical condition.

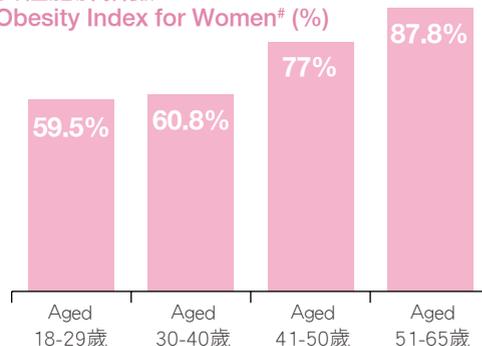
If one has a higher muscle mass she will be heavier, but her body fat percentage is at a low level, so she is determined as healthy. If she was assessed on BMI alone, she might be judged to be "overweight", which cannot reflect the real condition.

過重*Overweight* (%)



女性肥胖指數#

Obesity Index for Women# (%)



* 根據香港營養師協會標準，體質指數超過23為過重

According to standards set by the Hong Kong Dietitians Association, a BMI greater than 23 refers to being overweight

女性身體脂肪率高於27%屬於肥胖

A female whose body fat percentage is higher than 27% is categorized as obese
The University of Hong Kong, Survey on Obesity and Weight Management 2015

如何減掉體脂

How to Reduce Body Fat

建議 1

Suggestion 1

提升肌肉量

Increase Muscle Mass

為了降低體脂肪，只著眼於減脂成效可能不大；因為肌肉量不足，難以額外幫助體脂肪燃燒，加上運動表現不理想，即使體脂率下降，短期內也很大機會反彈！因此，要維持理想的體脂率，建議多做重訓、核心訓練來增加肌肉量。肌肉量提升，基礎代謝率也會跟著提升！

Focusing only on body fat loss may not be an effective way to reduce your weight. You should also take note of your muscle mass because a low muscle mass and poor exercise performance will make it harder to burn body fat – and you may even suffer a body fat rebound in a short period of time. To maintain a good body fat percentage over the long term, it is recommended to do more weight training and core training to increase your muscle mass. As muscle mass increases, the body's basal metabolism will also increase.

建議 2

Suggestion 2

舒緩壓力、保持充足的睡眠

Relieve Stress and Get Sufficient Sleep

壓力太大、睡眠不足，也是造成體重和體脂率上升的原因。繁忙的工作，加上生活壓力，容易使情緒低落，三餐不定時，更可能引致暴飲暴食。睡眠時，身體除了維持正常運作外，也同時消耗熱量，一旦睡眠不足引致情緒不穩，也有可能引致肥胖。

Too much stress and a lack of sleep are two of the main reasons behind an increase in weight and body fat percentage. A busy working life and pressure from the daily grind can easily lead to mood swings, which in turn can lead to irregular meal timings and overeating. When you sleep, your body not only maintains normal operation but also consumes calories. A lack of sleep may lead to emotional instability which can lead to obesity as a result.

建議 3

Suggestion 3

增加活動量

Increase Your Activity

對於長期久坐的上班族來說，活動量不足，容易堆積體脂肪，體脂率也會隨著年齡增長而升高。活動量不一定是指劇烈的運動或重訓；可於飯後半小時散步，待肚子沒那麼撐時，再坐下工作，亦可習慣以走路取代坐車，即使沒有太多時間運動，也能維持每天的活動量。

Office workers who sit for a whole day at work are more prone to accumulate body fat due to insufficient activity, and it should also be noted that our body fat percentage increases as we age. The activity required doesn't need to be strenuous aerobic exercise or weight training – simply going for a walk after 30 minutes of finishing a meal will help. Try walking for transportation is also a good way to maintain your daily activity as well.



XS增肌易 / XS增肌易啫喱

XS Muscle Multiplier / XS Muscle Multiplier Jelly

- 採用專利配方，嚴選10種有助增強肌肉的氨基酸，零糖分
- 粉狀增肌易適合在家或室內運動時沖調飲用
- 啫喱狀增肌易，細細包，方便任何時候或戶外運動時輕鬆飲用
- Patented formula; 10 strictly selected amino acids that help strengthen muscle. Sugar-free
- Powdered Muscle Multiplier: enjoy when you are doing exercise at home or indoors
- Muscle Multiplier Jelly: handy and convenient; enjoy anytime and anywhere, or for outdoor exercise



型體樂

Safflower and Citrus

- 促進蛋白質和脂肪代謝，減少身體脂肪，同時維持或重組肌肉量
- 重組身體脂肪及肌肉比例，減少肌肉因年齡增長而流失
- Promotes protein and fat metabolism, helping to reduce body fat while retaining or enhancing muscle volume
- Reconstructs the ratio between fat and muscle; reduces muscle loss due to aging