

**10**  
ANNIVERSARY

# I AM I CAN

## 體重管理比賽

**WEIGHT  
MANAGEMENT  
COMPETITION**

### 未到中年便發福？

#### How to prevent middle-age weight gain?

“ 從小到大，身邊的親戚朋友都覺得我身型瘦削，我更從沒想過自己會和「肥」字扯上關係。直到近兩年，我發現自己開始有「肚臍」的問題，擔心會成為中央肥胖一族，加上感到自己的體力明顯大不如前，認為有需要認真減肥。

我很喜歡吃麻辣火鍋和燒肉，只要看見美食，無論健康與否，我也會忍不住大快朵頤。在減重過程中，我學會調整和控制日常飲食，最重要是學懂選擇食物，知道哪些是致肥食物、哪類食物有助減重。減重後肚臍明顯縮細了，從前穿西裝會凸出肚臍，現在肚臍也「縮水」呢。我的意志力比從前提升了不少，即使美食當前，也可以好好節制，不太放肆。

I was labelled as slim or even thin by my relatives and friends ever since I was young. I never expected I would get fat until two years ago when I found that I was putting on weight around my belly and I worried I was getting central obesity. My physical strength reduced at the same time, which triggered me to think more seriously about losing weight.

I can't resist foods such as spicy hot pot and yakiniku, even though I know that sometimes these treats are not very healthy. During the weight loss process, I learnt to adjust and control my daily diet. The most important thing was to choose foods that help with the slimming process and cut out those unhealthy foods that contribute to weight gain.

I feel happy now because my belly has become a lot smaller and once again can be hidden under my suit! My willpower has seen a significant improvement, too – I am able to control myself well around food.

減掉6公斤體重  
Weight fell 6kg

邢惟智  
Ying Wai Chi Jacky



體重管理比賽成績優異者  
Achieved Outstanding Performance in  
the Weight Management Competition

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梁靄蕙  
Leung Oi Yan

減掉13公斤體重  
Weight fell 13kg



體重管理比賽成績優異者  
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## 開心減重的Working Mum Working mum happy to lose weight

“ 我是一位朝9晚5的working mum，育有一名3歲的兒子。在小朋友一歲前，我堅持餵哺母乳；可是當停止餵哺母乳後，身型就開始暴漲，足足重了16公斤。我更發現自己的體能變得很差，行幾級樓梯已經非常氣喘！就這樣，2年前我就開始決心減重。

減重初期，我曾嘗試進食減肥藥和進行168斷食法，不但成效不理想，更感覺不舒服，亦難以與朋友聚會。現在，我找到了一套完全不需要捱餓的方法！只需要跟從營養師的建議，改變飲食習慣，再配合適當的營養素和運動，從而增加新陳代謝率，以達到消脂減重的目標，效果亦更持久。和兩年前相比，身心都更健康！成功減重後，身型和線條變得更靚之外，體力也比從前更好；最重要是，現在追著仔仔跑也綽綽有餘呢！

I am a working mother with a nine-to-five job and a three-year-old son. I insisted on breastfeeding before my son turned one, but then I found my weight greatly increased after I stopped breastfeeding. I gained 16kg in total! I found that my physical fitness was poor and I even felt myself getting out of breath when going up stairs. That's why I made the decision to lose weight two years ago.

At the beginning I tried taking diet pills and practiced 16/8 intermittent fasting – but with unsatisfactory results. I didn't feel well, and it was also difficult for me to gather with my friends. Now, I feel content that I've been able to find a weight-loss method where I don't have to starve myself! Instead, I followed the advice of a nutritionist who suggested I change my eating habits as well as consuming appropriate nutrients and getting adequate exercise. This can help to increase our metabolic rate and achieve a fat-burning and weight-losing outcome. The result is a long-lasting one as well.

Compared to two years ago, I now feel much healthier – both physically and mentally! I am enjoying a better-looking body shape as well as improved physical ability. What's more, it is much easier for me to keep playing and running with my son.



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