



### 邁向2025：香港非傳染病防控策略及行動計劃

### Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong



中文



English



### 心情鬆一鬆

### Relax Your Mind



「陪我講」網站  
"Shall We Talk" Website

中文



English



好心情@健康工作間網站  
Joyful@Healthy Workplace Website

中文



English



### 每日動一動

### Move Your Body



「十分鐘 活力操」  
10-minute Exercise

中文  
字幕



English  
subtitle

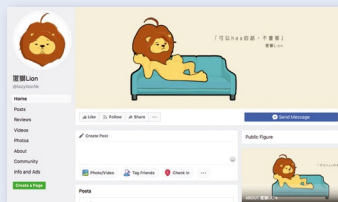


「動一動 鬆一鬆」  
Let's Take an Energetic Break

中文  
字幕



English  
subtitle



匿獅Lion  
Facebook專頁  
Lazylion Facebook Page



《郁一郁》全首舞蹈教學短片  
"Move For Health"  
Dance Tutorial (Full version)



中文  
字幕



English  
subtitle



衛生署《郁一郁》三段操  
"Move For Health" 3-Level Dances



簡易篇-日常伸展操  
Lv1-Stretching Dance



進階篇-家居健體操  
Lv2-Household Fitness Dance



挑戰篇-活力操  
Lv3-Lively Dance

# 有「營」飲食 Eat Healthily



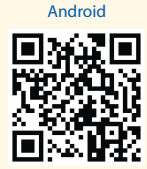
「星級有營食肆」  
流動應用程式  
EatSmart  
Restaurant Star+  
Mobile Application



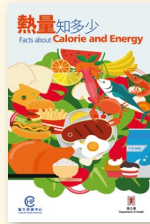
營廚雜誌：  
有「營」食譜  
流動應用程式  
CookSmart:  
EatSmart Recipes  
Mobile Application



「小食紅黃綠」  
流動應用程式  
“Snack Check”  
Mobile Application



少啲鹽健康啲  
Less Salt for  
Better Health



熱量知多少  
Facts about Calorie  
and Energy



水果蔬菜不可少  
Enjoy Fruit and  
Vegetables Every Day



「適飲適食」美饌示範  
(適合糖尿病患者)  
Cooking Demonstration for  
Diabetes-friendly Recipes  
(Suitable for Individuals with Diabetes)



「適飲適食」食譜  
(適合糖尿病患者)  
Diabetes-friendly Recipes  
(Suitable for Individuals with Diabetes)



## 零酒生活 Live Alcohol Free

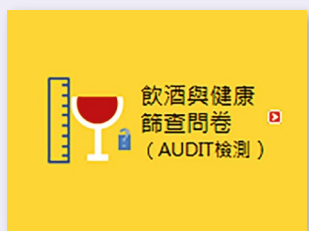


酒為下著  
Alcohol Fails

中文



English



飲酒與健康篩查問卷  
Alcohol and Health  
Questionnaire (AUDIT)

中文



English



## 遠離煙草 Stay Away From Tobacco



戒煙流動應用程式  
Quit Smoking Mobile App

iOS



Android

