



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

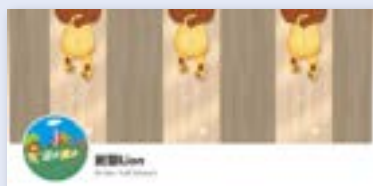


「動一動 鬆一鬆」
Let's Take an Energetic Break

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」運動網站
"EatSmart Restaurant Star+"
Campaign Website



少啲鹽健康啲
Less Salt for
Better Health



「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)



熱量知多少
Facts about Calorie
and Energy



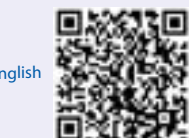
水果蔬菜不可少
Enjoy Fruit and
Vegetables Every Day



零酒生活 Live Alcohol Free



電子飲酒篩查及簡要介入
e-alcohol screening &
brief intervention (e-SBI)



如何改變飲酒習慣的自助手冊
Self-help Booklet on
How to Change Drinking Habits



遠離煙草 Stay Away From Tobacco



免費戒煙服務
Free Cessation Services



戒煙流動應用程式
Quit Smoking Mobile App

