

Health Promotion Board Get Active Questionnaire (GAQ)

保健促进局开启活跃生活调查问卷

ANNEX G to PASS

日期：2019年8月16日

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

体力活动可以改善您的身心健康。即使进行少量的体力活动也可以带来好处，多做运动有益健康。

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a healthcare provider is advisable.

This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

对绝大多数人来说，进行体力锻炼的好处远远大于风险。不过那些有健康问题的人，在开始进行任何体力活动之前，建议先征询医生的意见。

此调查问卷适用于各年龄层国人，它有助您朝更活跃生活方式迈进。

I am completing this questionnaire for **myself**
我为自己填写调查问卷。

I am completing this questionnaire for **my child/dependent as parent/guardian**
我以父母/监护人身份，代表我的孩子/被监护者填写调查问卷。

PREPARE TO BECOME MORE ACTIVE

为开启更健康活跃生活做准备

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES 是** or **NO** to each question **before** you become more physically active. If you are unsure about any question, answer **YES 是**.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

If you have honestly answered '**NO**' to all the questions, you can be reasonably sure that you are at low risk to participate in this HPB exercise programme or event.

If you have answered '**YES 是**' to any of the questions below, you are required to read and understand the reference document for advice on what to do if you have a '**YES 是**' Response.

下列问题将有助确保您安全地进行体力活动。请在进行任何体力活动之前，根据问题选择回答"**是**"或"**否**"。如果您对问题有任何疑问，请答"**是**"。

回答问题时要依据常识作出选择。请仔细阅读每一道问题，然后如实回答。

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若您对所有问题如实回答“否”，您可以相当确定自己是属于低风险群，可安心参与保健促进局的这项活动。

若您对任何一道问题回答“是”，请您务必阅读和理解随问卷附上的参考资料，查看我们对“是”回应所提供的建议。

<p>1. Have you experienced ANY of the following (A to F) within the past six months? 在过去六个月，您是否经历以下任何一种情况(A 至 F)?</p>		
<p>A. Diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity? 曾被诊断出患心脏疾病或中风并接受治疗，或是在平日或进行体力活动时，感到胸口疼痛/不适/有压力?</p>		NO 否
<p>B. A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher? 曾被诊断患高血压 (BP) 并接受治疗，或是静息血压等同于或高于 160/90 mmHg ?</p>	YES 是	NO 否
<p>C. Dizziness or lightheadedness during physical activity? 进行体力活动时感到头晕目眩?</p>	YES 是	NO 否
<p>D. Shortness of breath at rest? 休息时会觉得呼吸急促?</p>	YES 是	NO 否
<p>E. Loss of consciousness/fainting for any reason? 因任何原因失去知觉/昏厥?</p>	YES 是	NO 否
<p>F. Concussion? 脑震荡?</p>	YES 是	NO 否
<p>2. Do you currently have pain or swelling in any part of your body (<i>such as from an injury, acute flare-up of arthritis, or back pain</i>) that affects your ability to be physically active? 目前您的身体的任何部位是否感觉疼痛或出现肿胀(例如因受伤、急性关节炎复发,或背痛), 以致影响您进行体力活动的能力?</p>	YES 是	NO 否
<p>3. Has a health care provider told you that you should avoid or modify certain types of physical activity?</p>	YES 是	NO 否

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<p>可曾有医护人员告诉您应避免进行体力活动，或是只能进行某些经改良的体力活动？</p>		
<p>4. Do you have any other medical or physical condition (<i>such as diabetes, cancer, osteoporosis, asthma, spinal cord injury</i>) that may affect your ability to be physically active? 您是否有任何其他可能影响您进行体力活动的病况或身体状况(例如：糖尿病、癌症、骨质疏松症、哮喘病、脊髓损伤)？</p>	<p>YES 是</p>	<p>NO 否</p>
<p><i>If you have answered NO to all questions, please go to Page 2 – Assess Your Current Physical Activity</i></p> <p><i>If you have answered YES 是 to any question, please go to Reference Document – Advice on what to do if you have a YES 是 response</i></p> <p>如果您对所有问题都回答“否”，请翻到第 2 页“评估您目前的体力活动量”。</p> <p>如果您对任何问题回答“是”，请翻到随问卷附上的参考资料“如果您回答‘是’，您应该怎么做”。</p>		

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

评估您目前的体力活动量

Answer the following questions to assess how active you are now.

请回答下列问题，以评估您目前的体力活动量。

<p>1. During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? 一般来说，每个星期您有多少天进行中度至高强度的有氧运动(例如：快步健走、骑脚踏车或跑步)？</p>	<p>DAYS /WEEK 每星期__ 天</p>
<p>2. On days that you do at least moderate-intensity aerobic physical activity (e.g, brisk walking), for how many minutes do you do this activity? 在进行中强度有氧运动(例如：快步健走)的那几日，您大约花多长时间进行这项活动？</p>	<p>MINUTES/ DAY 每天__分 钟</p>
<p>For adults, please multiply your average number of days/week by the average number of minutes/ day</p>	<p>MINUTES/ WEEK</p>

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每星期____
分钟

回答问卷者若是成人，请将每星期平均天数，乘以每天平均分钟。

National Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended.

全国体力活动指南 建议成年人每个星期进行至少 150 分钟的中强度体力活动。儿童和青少年则每天应该进行至少 60 分钟的体力活动。除此以外，也建议成人每星期至少进行两次锻炼肌肉和骨骼的活动，儿童和青少年则每星期三次。

GENERAL ADVICE FOR BECOMING MORE ACTIVE

开启更健康活跃生活的建议

- Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behavior (e.g., prolonged sitting).
- 建议您循序渐进增加您的体力活动量，让自己更好地适应体力活动增加的变化。试着在您每天的日常生活中安排一些自己喜欢的体力活动(例如：与朋友一同散步、骑脚踏车上学或上班)，同时减少静态生活习惯(如久坐不动)。
- If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult your doctor/physiotherapist in person beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.
- 如果您想进行**高强度的体力活动**(也就是激烈得难以喘气交谈的活动)，而您又没达到上方建议的最低限度体力活动量，建议您事先征询您的医生/物理治疗师的意见。这有助确保您的健康状况适合安全进行这项活动。
- Physical activity is also an important part of a healthy pregnancy.
- 适度的体力活动有助保障孕妇和胎儿的健康。
- Delay becoming more active if you are not feeling well because of a temporary illness. 如果您因为患病暂时感觉不适，建议您康复后才进行体力活动。

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DECLARATION

健康状况声明

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct. If my health changes, I will complete this questionnaire again.

本人在此声明，就我所知，我在本问卷中提供的所有资料均为正确。如果我的健康状况产生变化，我将再次填写此调查问卷。

I answered **NO** to all questions on Page 1
第 1 页中所有问题我都回答“否”。

I answered **YES** to any question on Page 1
在第一页的问题中我曾回答“是”。



Sign and date the Declaration below
请在下方为这份声明签名并注明日期



Check the box below that applies to you:
请在以下适用于您的情况的格子裡打勾:

I have consulted my doctor/physiotherapist who has recommended that I become more physically active.
我已向我的医生/物理治疗师征询意见，对方建议我进行更多体力活动。

I am comfortable with becoming more physically active on my own without consulting my doctor/physiotherapist.
我有把握可以在无需征询医生/物理治疗师的意见的情况下，进行更多体力活动。



Name and NRIC (+Name of Parent/Guardian if applicable)
[Please print]
姓名和身份证号码 [如适用父母/监护人姓名][请用大写]

Signature (or Signature of Parent/Guardian if applicable)
签名(如适用或父母/监护人的签名)

Date of Birth
出生日期

Date
日期

Email (optional)
电子邮件(可选择不提供)

Telephone No.
电话

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GET ACTIVE QUESTIONNAIRE – REFERENCE DOCUMENT

开启活跃生活调查问卷 — 参考资料

Advice on what to do if you have a **YES** 是 response

Use this reference document if you answered **YES** 是 to any question and you have not consulted your doctor/physiotherapist about becoming more physically active.

如果您回答“是”，您应该怎么做。

如果您在问卷中的任何一道问题回答“是”，而您又还未征询您医生/物理治疗师的意见是否能开始进行体力锻炼，建议您阅读这份参考资料。

<p>1. Have you experienced ANY of the following (A to F) within the past six months? 您在过去六个月内，是否经历以下任何状况 (A 到 F)?</p>	
<p>A. A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity? 曾被诊断出患心脏疾病或中风并接受治疗，或是在平日或进行体力活动时，感到胸口疼痛/不适/有压力? <input type="checkbox"/> YES 是</p>	<p><i>Physical activity is likely to be beneficial. If you have been treated for heart disease but have not completed a cardiac rehabilitation program within the past 6 months, consult a doctor – a supervised cardiac rehabilitation program is strongly recommended. If you are resuming physical activity after more than 6 months of inactivity, begin slowly with light- to moderate-intensity physical activity. If you have pain/discomfort/pressure in your chest and it is new for you, talk to a doctor. Describe the symptom and what activities bring it on</i> 体力活动相信对您有益。如果您在过去 6 个月内曾接受过心脏疾病的治疗，但尚未完成任何心脏康复计划，请征询医生的意见-强烈建议您接受由专人监督的心脏康复计划。如果您有超过 6 个多月不曾运动，如今要开始进行体力活动，建议您一开始先做些轻度至中度的体力活动。如果您的胸口感受到不曾有过的疼痛/不适/压力，请您去看医生，并向他/她详细描述症状以及可能引发这些症状的活动。</p>
<p>B. A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher? C. 曾经被诊断出患高血压 (BP) 并接受治疗，或是静息血压等同于或高于 160/90 mmHg ? <input type="checkbox"/> YES 是</p>	<p><i>Physical activity is likely to be beneficial if you have been diagnosed and treated for high blood pressure (BP). If you are unsure of your resting BP, consult a healthcare provider or your doctor/physiotherapist to have it measured. If you are taking BP medication and your BP is under good control, regular physical activity is recommended as it may help to lower your BP. Your doctor should be aware of your physical activity level so your medication needs can be monitored. If your BP is 160/90 or higher, you should receive medical clearance and consult your doctor about safe and appropriate physical activity.</i> 如果您被诊断患有高血压 (BP) 而且正在接受治疗，适度进行体力活动相信对您有益。如果您不清楚您的静息血压水平，请让您的医生/物理治疗师为您测量。如果您正在服用治疗高血压药物，而您的血压也处于良好水平，建议您定期进行体力活动，因为这或有助降低血压。您应该向医生报告您的体力活动量，以便让医生监控您的血压并适当地调整您的药物剂量。如果您的血压处于 160/90 mmHg 或更高水平，您应该先征求医生同意，才进行适合您安全进行的体力活动。</p>
<p>D. Dizziness or lightheadedness during physical activity 进行体力活动时头晕或晕眩</p>	<p><i>There are several possible reasons for feeling this way and many are not worrisome. Before becoming more active, consult a healthcare provider to identify reasons and minimise</i></p>

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<input type="checkbox"/> YES 是	<p><i>risk. Until then, refrain from increasing the intensity of your physical activity.</i></p> <p>可能造成晕眩的原因有几个，不过大多不严重，您无需过于担忧。在进行更多体力活动之前，请征询医生的意见，以找出可能造成晕眩的原因，降低突发风险。在征询医生意见之前，不要擅自进行较为激烈的体力活动。</p>
<p>E. Shortness of breath at rest 休息时呼吸急促</p> <input type="checkbox"/> YES 是	<p><i>If you have asthma and this is relieved with medication, light to moderate physical activity is safe. If your shortness of breath is not relieved with medication, consult a doctor.</i></p> <p>如果您有哮喘病，而且可以用药物缓解哮喘症状，便可安全进行轻度至中度的体力活动。如果您呼吸急促的症状无法用药物缓解，请征询医生的意见。</p>
<p>F. Loss of consciousness/fainting for any reason 因任何原因失去知觉/昏厥</p> <input type="checkbox"/> YES 是	<p><i>Before becoming more active, consult a doctor to identify reasons and minimise risk. Once you are medically cleared, consult your doctor/physiotherapist about types of physical activity suitable for your condition.</i></p> <p>在进行更多体力活动之前，请征询医生的意见以找出可能导致您昏厥的原因，以便降低突发风险。一旦获得医生许可，您可向医生/物理治疗师了解适合您健康状况的各项体力活动。</p>
<p>G. Concussion 脑震荡</p> <input type="checkbox"/> YES 是	<p><i>A concussion is an injury to the brain that requires time to recover. Increasing physical activity while still experiencing symptoms may worsen your symptoms, lengthen your recovery, and increase your risk for another concussion. A healthcare provider will let you know when you can start becoming more physically active, and your doctor/physiotherapist can help get you started.</i></p> <p>脑震荡是一种脑损伤，需要休养一段时间才能康复。若您在仍出现症状时增加体力活动，这可能会导致您的病情恶化，拖慢您康复的进度，而且还会提高再次脑震荡的风险。医生会让您知道什么时候适合进行更多体力活动，您的医生/物理治疗师可以引导您进行体力活动。</p>
<p>After reading the ADVICE for your YES 是 response, go to Page 2 of the <i>Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY</i></p> <p>阅读了“如果您回答‘是’，您应该怎么做”参考资料所提供的建议之后，请翻阅“开启活跃生活调查问卷”的第 2 页“评估您目前的体力活动量”</p>	

2. Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

YES 是

目前您的身体的任何部位是否感觉疼痛或出现肿胀(例如因受伤、急性关节炎复发, 或背痛), 以致影响您进行体力活动的的能力?

If this swelling or pain is new, consult a healthcare provider. Otherwise, keep joints healthy and reduce pain by moving your joints slowly and gently through the entire pain-free range of motion. If you have hip, knee or ankle pain, choose low-impact activities such as swimming or cycling, as the

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pain subsides, gradually resume your normal physical activities starting at a level lower than before the flare-up. Consult your doctor/physiotherapist in follow-up to help you become more active and prevent or minimise future pain.

如果是新出现的肿胀或疼痛感觉，请向医生求诊。若非新出现的状况，建议在无痛运动范围内，借由缓慢而轻柔的动作移动关节，从而舒缓疼痛。如果您的腕骨、膝盖或脚踝疼痛，不妨选择进行低冲击力的运动如游泳或骑脚踏车，待疼痛消退后才逐步恢复您平日的体力活动，而且尽量从旧伤复发之前较低的运动水平开始进行锻炼。请在复诊时征询您的医生/物理治疗师的意见，了解如何增加体力活动量，以及如何预防和减缓日后可能出现的疼痛状况。

3. Has a healthcare provider told you that you should avoid or modify certain types of physical activity?

YES
是

医生是否曾告诉您应避免进行某些运动或只能进行某些经改良的体力活动?

Listen to the advice of your healthcare provider. Your doctor/physiotherapist will ask you about any considerations and provide specific advice for physical activity that is safe and that takes your lifestyle and healthcare providers advice into account

听取医生的建议。您的医生/物理治疗师会向您了解心中顾虑，并根据您的生活方式和专业医护人员的意见，为您建议一些您可安全进行的体力活动。

4. Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

YES
是

您是否有任何其他可能影响您进行体力活动的症状或身体状况(例如: 糖尿病、癌症、骨质疏松症、哮喘病、脊髓损伤)?

Some people may worry if they have a medical or physical condition that physical activity might be unsafe. In fact, regular physical activity can help to manage and improve many conditions. Physical activity can also reduce the risk of complications. Your doctor/physiotherapist can help with specific advice for physical activity that is safe and that takes your medical history and lifestyle into account.

有些人可能因为有一些病况或身体状况而担心无法安全进行体力活动。事实上，定期进行体力锻炼有助控制和改善许多病况。体力活动也可以降低并发症的风险。您的医生/物理治疗师可以根据您的病历和生活方式，为您建议一些可安全进行的体力活动。

After reading the ADVICE for your YES 是 response, go to Page 2 of the *Get Active Questionnaire – ASSESS YOUR CURRENT PHYSICAL ACTIVITY*

阅读了“如果您回答‘是’，您应该怎么做”参考资料所提供的建议之后，请翻阅“开启活跃生活调查问卷”的第2页“评估您目前的体力活动量”