全球银龄学院

Global Academy of Lifelong Learning

Gentle Movement & Wellness

温和运动与健康生活

A Self-Study Course in 8 Lessons

8 节自学课程



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Welcome / 欢迎

This course is about everyday gentle movement: walking well, stretching comfortably, standing up safely, reaching without strain, and building small habits that make daily life easier and more joyful. You do not need special clothes, equipment, or experience. Every activity is slow and small, and every activity has a seated or supported option. This course does not teach tai chi forms or yoga poses — it teaches the ordinary movements of daily life, done with more ease and confidence.

本课程讲的是日常温和运动：走好路、舒适地伸展、安全地起身、不费力地取物，以及养成让日常生活更轻松、更愉快的小习惯。不需要专门的服装、器械或基础。每一个活动都是缓慢而轻柔的，每一个活动都有坐姿或有支撑的替代做法。本课程不教太极套路或瑜伽体式，而是教日常生活中普通的动作，如何做得更轻松、更有信心。

Please read first / 请先阅读： This course is general education and gentle movement instruction only. It is not medical advice. Please check with your doctor or physical therapist before starting new movement practice, especially after surgery, a fall, or if you have conditions affecting balance, joints, heart, or blood pressure. Stop any movement that causes pain, dizziness, or shortness of breath, and rest. If a symptom worries you, contact your doctor.

本课程仅为一般教育和温和运动指导，不是医疗建议。在开始新的运动练习之前，特别是在手术、跌倒之后，或患有影响平衡、关节、心脏或血压的疾病时，请先咨询医生或理疗师。任何引起疼痛、头晕或气短的动作请立即停止并休息。如有令您担忧的症状，

请联系医生。

How to Use This Course / 如何使用本课程

Work through one lesson at a time. Each lesson takes about 60 minutes, but you may split it into shorter sessions — ten minutes three times a day is also wonderful. Read the goal, follow the steps slowly, try the practice activity, and finish with the short quiz. The quiz answers are at the end of each lesson. Grade yourself, and do not worry about a perfect score. At the end of the course you will find a progress checklist and a blank wellness plan to fill in.

请一次学习一课。每课约 60 分钟，但您也可以拆成几次短时间练习——每天三次、每次十分钟同样很好。先读学习目标，慢慢跟随步骤，完成练习活动，最后做小测验。每课末尾附有答案，请自己评分，不必追求满分。课程最后附有学习进度清单和一份空白的健康生活计划表，供您填写。

What you need: comfortable clothes, supportive flat shoes, a sturdy chair with armrests, a small towel, and a glass of water nearby. Keep a phone within reach when you practice standing movements, in case you want to call someone.

您需要准备：舒适的衣服、有支撑力的平底鞋、一把带扶手的结实椅子、一条小毛巾，以及一杯放在手边的水。练习站立动作时，请把电话放在随手可及的地方，以备需要时联系他人。

Lesson 1: Why Gentle Movement Matters / 第 1 课：温和运动为什么重要

> **Goal / 学习目标：** By the end of this lesson, you can explain in your own words why small, regular movement helps your body, mood, and everyday life — and you can name three gentle movements you already do every day.
>
> 学完本课，您能用自己的话说出小而规律的运动如何帮助身体、情绪和日常生活，并能说出三种您每天已经在做的温和运动。

1. Movement is part of daily life / 运动就是日常生活的一部分

Movement is not only sport. When you get out of bed, walk to the kitchen, reach for a cup, fold laundry, or walk to the mailbox, you are moving. Gentle movement means doing these ordinary things with attention and care — a little slower, a little steadier, a little more comfortably. You do not need to become an athlete. You only need to keep doing the movements of life, and to do them well.

运动不只是体育运动。起床、走到厨房、伸手拿杯子、叠衣服、走到信箱，这些都是运动。温和运动就是带着专注和关爱去做这些平常的事——慢一点、稳一点、舒服一点。您不需要成为运动员，只需要继续做生活中的动作，并且做得更好。

As we grow older, our muscles naturally become a little weaker, our joints a little stiffer, and our balance a little less automatic. This is normal. The good news is that gentle, regular movement helps us keep what we have: strength for standing up, flexibility for reaching, balance for walking safely, and energy for the things we enjoy.

随着年龄增长，肌肉自然会稍弱一些，关节会稍僵硬一些，平衡也会不那么自动。这是正常的。好消息是，温和而规律的运动能帮助我们保持已有的能力：起身的力量、取物的柔韧、行走的安全平衡，以及享受生活所需的精力。

2. Body, mood, and sleep / 身体、情绪与睡眠

Movement helps the body in simple ways. Walking moves blood through the body. Stretching loosens stiff muscles. Standing practice trains balance. Using your muscles, even gently, tells your body to stay strong. Many people also find that a short walk lifts their mood, clears a worried mind, and helps them sleep better at night. Movement outdoors adds daylight and fresh air, and movement with friends adds laughter and company.

运动以简单的方式帮助身体。走路促进血液循环，伸展放松僵硬的肌肉，站立练习锻炼平衡。即使轻柔地使用肌肉，也是在告诉身体要保持强壮。许多人还发现，短时间的散步能改善情绪、缓解忧虑，并帮助夜晚睡得更好。户外运动带来阳光和新鲜空气，和朋友一起运动则带来欢笑和陪伴。

Notice what movement does for you. After a short walk, do you feel calmer? After stretching, does your neck feel looser? Keep a small note of these changes. They are your own reasons to keep moving — better than any rule from a book.

请留意运动为您带来了什么。短时间散步后，您是否感到更平静？伸展之后，脖子是否更轻松？把这些变化简单记下来。它们是您坚持运动的真正理由，比书本上的任何规定都更有说服力。

3. The golden rules of gentle movement / 温和运动的黄金法则

1. **Slow and small / 慢而小：** Move at half the speed you think you should. Small movements done well are better than big movements done roughly.
2. **Supported / 有支撑：** Always have a chair, counter, or wall nearby. Holding on is smart, not weak.
3. **Comfortable / 舒适：** You should be able to talk while you move. Mild effort is enough; sharp pain is a stop sign.
4. **Regular / 规律：** A little every day beats a lot once a week. Ten minutes daily is a strong habit.
5. **Enjoyable / 愉快：** Choose movements you like. Music, a friend, or a favorite place makes practice something to look forward to.

> **Try this / 试一试：** Stand (or sit tall) and notice your body for one

minute. Roll your shoulders back slowly three times. Turn your head gently to the left, then to the right. Take three slow breaths. Now walk to the nearest door and back, at a comfortable pace. Notice: did anything feel easier after the shoulder rolls? Write one sentence about how you feel now.

站立（或坐直），用一分钟感受自己的身体。慢慢地向后转动肩膀三次。轻轻地把头转向左边，再转向右边。慢慢地深呼吸三次。现在以舒适的步速走到最近的门口再走回来。留意一下：转动肩膀之后，有没有感觉轻松一些？写一句话记录您现在的感受。

Check yourself / 自我检查 — Quiz 1

1. Gentle movement means doing ordinary daily movements with attention and care. (True / False)

2. Which is better: a little movement every day, or a lot of movement once a week?

3. Name one golden rule of gentle movement.

4. If a movement causes sharp pain, you should: (a) push through it, (b) stop and rest, (c) move faster.

5. True or false: Holding on to a chair or counter while practicing is a sign of weakness.

> **Answers / 答案：** 1. True. 2. A little every day. 3. Any one of: slow and small, supported, comfortable, regular, enjoyable. 4. (b) stop and rest. 5. False — holding on is smart.

Lesson 2: Walking Well / 第 2 课：走好路

> **Goal / 学习目标：** By the end of this lesson, you can walk with better posture and a steady pace, and you can check your own walking for comfort and safety.
>
> 学完本课，您能以更好的姿势和稳定的步速行走，并能自己检查行走是否舒适安全。

1. Posture first / 先说姿势

Good walking starts before the first step. Stand tall, as if a string gently pulls the top of your head toward the ceiling. Let your shoulders drop and relax. Look ahead, not down at your feet — looking down throws your balance forward. Let your arms swing softly at your sides. Take a breath, and then walk.

好的行走从迈出第一步之前就开始了。站直，仿佛有一根线轻轻地把头顶拉向天花板。让肩膀放下并放松。眼睛看向前方，不要低头看脚——低头会让身体重心前倾。让双臂在身体两侧轻轻摆动。深呼吸，然后开始走。

If you use a cane or walker, keep it close and use it every time. A walking aid is a tool, like glasses for your eyes. It is there to help you walk farther and with more confidence.

如果您使用手杖或助行器，请把它放在身边，每次都使用。助行器是一种工具，

就像眼镜帮助眼睛一样，它帮助您走得更远、更有信心。

2. Pace, steps, and turning / 步速、步伐与转身

Walk at a pace where you can still talk comfortably. Short, steady steps are safer than long strides. Place your whole foot down, heel first, then roll forward. When you turn, take small steps in a circle instead of twisting your body sharply — twisting while standing still is a common cause of losing balance.

以还能舒适说话的速度行走。短而稳的步伐比大步更安全。整只脚先脚跟着地，再向前滚动。转身时，请用小碎步转圈，不要猛地扭转身体——站着不动时突然扭转是失去平衡的常见原因。

On uneven ground, slow down even more. Look for cracks, wet leaves, and curbs. In rain, wear shoes with good grip and take shorter steps. At night, carry a small light or wear light-colored clothes so others can see you.

在不平的地面上，更要放慢速度。留意裂缝、湿树叶和路缘。下雨时，穿抓地力好的鞋子，步子迈得更小。夜晚请带上手电筒或穿浅色衣服，让别人能看见您。

3. Building up your walking / 逐步增加行走量

Start with what you can already do comfortably — perhaps five minutes

around your home or garden. Add one or two minutes every few days, only if you feel good the next day. Tired muscles the next morning mean you did a little too much; stay at the same level for a week, then try again. Rest days are part of the plan, not a failure.

从您已经能舒适完成的时间开始——也许是在家中或花园里走五分钟。每隔几天增加一两分钟，前提是第二天感觉良好。如果第二天早上肌肉酸痛，说明上次稍多了一些；请保持同一水平一周，再尝试增加。休息日是计划的一部分，不是失败。

> **Try this / 试一试：** Take a five-minute walk today, indoors or outdoors. Before you start, stand tall, drop your shoulders, and look ahead. Walk at talking pace. Halfway, stop and notice: Are your shoulders still relaxed? Are your steps steady? Turn with small steps. When you finish, note how you feel and whether anything hurt. That note is your starting point for next time.
> 今天散步五分钟，室内或室外都可以。开始前请站直、放松肩膀、目视前方。以能说话的速度行走。走到一半时停下来留意：肩膀还放松吗？步伐还稳吗？用小碎步转身。结束后记录您的感受和是否有不适。这条记录就是下一次的起点。

Check yourself / 自我检查 — Quiz 2

1.When walking, you should look: (a) down at your feet, (b)

ahead of you, (c) at the sky.

2.True or false: Short, steady steps are safer than long strides.

3.When turning, you should take small steps in a circle instead of twisting sharply. (True / False)

4.What pace should you walk at? (a) As fast as possible, (b) a pace where you can still talk comfortably, (c) slower than a snail.

5.If your muscles feel tired the next morning after a walk, what should you do?

Answers / 答案： 1. (b) ahead of you. 2. True. 3. True. 4. (b) a pace where you can still talk comfortably. 5. Stay at the same level for a week before adding more time.

Lesson 3: Stretching for Comfort / 第 3 课：舒适伸展

> **Goal / 学习目标：** By the end of this lesson, you can do a short, gentle stretching routine for your neck, shoulders, back, and legs, seated or standing with support.
>
> 学完本课，您能完成一套简短温和的伸展练习，活动脖子、肩膀、背部和腿部，可坐姿或扶椅站立完成。

1. How to stretch gently / 如何温和地伸展

Stretching should feel like a pleasant pull, never a sharp pain. Move into each stretch slowly, hold it for 15 to 30 seconds while breathing normally, and release slowly. Do not bounce — bouncing can strain a muscle. If you cannot reach far, that is fine: stretch only to where you feel a gentle pull, and over weeks your reach will grow a little.

伸展应该感到愉快的牵拉，绝不是剧烈疼痛。慢慢进入每个伸展动作，保持 15 到 30 秒并正常呼吸，然后慢慢放松。不要弹震——弹震可能拉伤肌肉。如果够不到很远，也没关系：只伸展到感到轻微牵拉的位置，几周之后活动范围会慢慢增大。

Warm up first. March gently in place for one minute, or walk around your home, before stretching. Cold muscles stretch less happily than warm ones. Stretch after a shower, if you like — warm water is a wonderful

warm-up.

请先热身。伸展前请原地轻轻踏步一分钟，或在家中走动。冰冷的肌肉不如温暖的肌肉伸展得舒服。如果您喜欢，也可以在洗澡后伸展——热水是很好的热身。

2. A simple routine / 一套简单的练习

1. **Neck / 脖子：** Sit tall. Slowly tilt your right ear toward your right shoulder. Hold 15 seconds. Return to center. Repeat on the left. Then look gently left, hold, then right.
2. **Shoulders / 肩膀：** Roll your shoulders up, back, and down, five times slowly. Then lift both shoulders toward your ears, hold three seconds, and drop them with a sigh.
3. **Back / 背部：** Seated: place your hands on your knees, slowly round your upper back like a sleepy cat, then gently arch and look up slightly. Repeat three times, slowly.
4. **Arms / 手臂：** Reach both arms overhead as far as is comfortable. Hold 10 seconds. Lower slowly. Then reach one arm across your chest and hold it gently with the other hand for 15 seconds. Switch sides.
5. **Legs / 腿部：** Seated: straighten one leg slowly until your knee is nearly straight, point and flex your foot three times, then lower. Repeat on the other side. Standing with chair support: hold the

chair, lift one heel, hold five seconds, lower. Repeat five times each side.

3. When to stretch / 何时伸展

Morning stretching loosens the stiffness of sleep. Evening stretching helps you wind down before bed. Stretching after sitting a long time — after a meal, a phone call, or a television program — wakes up your body. Any time is a good time, as long as you are warm and unhurried.

早晨伸展可以缓解睡眠后的僵硬，晚上伸展有助于睡前放松。久坐之后伸展——饭后、打完电话或看完电视节目后——能唤醒身体。只要身体温暖、不匆忙，任何时间伸展都很好。

> **Try this / 试一试：** Do the five-part routine above once today, slowly, seated if you prefer. Notice which part feels tightest. That part is your body asking for a little extra attention this week — repeat it once more each day, gently, and notice whether it loosens by the end of the week.
>
> 今天慢慢地做一遍上面的五个部分，如果愿意可以坐着做。留意哪一部分感觉最紧。那个部位就是您的身体在提醒您本周要多关注它——每天再温和地重复一次，看看一周结束时是否松弛了一些。

> **Check yourself / 自我检查 — Quiz 3**

1. How long should you hold a gentle stretch? (a) 1 second, (b) 15–30 seconds, (c) 5 minutes.

2. True or false: Stretching should feel like a sharp pain to be effective.

3. Why should you warm up before stretching?

4. What should you do if you cannot reach far in a stretch?

5. True or false: Bouncing during a stretch is a good technique.

Answers / 答案： 1. (b) 15–30 seconds. 2. False — it should feel like a pleasant pull, never sharp pain. 3. Warm muscles stretch more happily than cold ones. 4. Stretch only to a gentle pull; your reach will grow over weeks. 5. False — do not bounce.

Lesson 4: Strength for Daily Tasks / 第 4 课：日常任务所需的力量

> **Goal / 学习目标：** By the end of this lesson, you can practice safe sitting-to-standing, carrying, and reaching, using your legs and arms the strong way.
>
> 学完本课，您能练习安全的坐站转换、提物和取物方法，用正确的方式使用腿部和手臂力量。

1. Standing up the strong way / 用有力的方式站起来

Standing up is the most important strength exercise of daily life — most of us do it dozens of times a day. The strong way: scoot to the front of your chair, place your feet flat and slightly apart, lean forward a little with a straight back, press through your feet, and push with your hands on the armrests or chair seat if you need to. Stand fully before you start walking. If you feel dizzy, sit back down and try again slowly.

站起来是日常生活中最重要的力量练习——我们大多数人每天都要做几十次。有力的方法是：挪到椅子前沿，双脚平放并稍分开，背部挺直、身体微微前倾，用脚发力，如需要可用手推扶手或椅面。完全站稳后再开始行走。如果感到头晕，请坐下，慢慢再试一次。

Practice this five times in a row, once or twice a day, as your strength

exercise. It is simple, but it trains exactly the muscles you need for independence: legs, hips, and arms working together.

每天练习一次或两次，每次连续做五遍，这就是您的力量练习。它很简单，但锻炼的正是保持独立生活所需的肌肉：腿、臀和手臂协同工作。

2. Carrying and lifting safely / 安全地提物和举物

Hold objects close to your body, not at arm's length — a bag held close feels much lighter than the same bag held away. Bend your knees, not your waist, when picking something up from a low place, and keep your back straight. Split heavy loads into two lighter bags, one in each hand, to stay balanced. If something feels too heavy, ask for help or use a wheeled cart. Asking for help is good sense, not defeat.

提物时请把物品贴近身体，不要伸直手臂远远地提——贴近身体提的袋子感觉比远远提的同一个袋子轻得多。从低处捡东西时请弯曲膝盖，不要弯腰，并保持背部挺直。把重物分成两个较轻的袋子，两手各提一个，以保持平衡。如果感觉太重，请寻求帮助或使用带轮的小推车。寻求帮助是明智之举，不是失败。

3. Reaching without strain / 不费力地取物

Put everyday items where you can reach them without climbing or stretching overhead: cups, plates, and medicines at waist-to-shoulder height. Use a stable step stool with a handle — never a chair — for high

shelves, and only if you feel steady. Better still, ask someone to move rarely used items lower. A home arranged for easy reaching is a home arranged for safety.

请把日常用品放在不用爬高或过度伸手就能够到的地方：杯子、盘子和药品放在腰部到肩膀的高度。取高处物品时请使用带扶手的稳固踏凳——绝不要踩椅子，而且只有在感觉平稳时才使用。更好的办法是请人把不常用的物品移到低处。一个取物方便的家就是一个安全的家。

> **Try this / 试一试：** Practice standing up the strong way five times now, with a sturdy chair. Then walk to your kitchen and look: is anything you use every day stored too high or too low? Move one item to waist-to-shoulder height today.
> 现在就用一把结实的椅子练习五次有力地站起来。然后走到厨房看看：有没有每天使用的物品放得太高或太低？今天就把一件物品移到腰部到肩膀的高度。

Check yourself / 自我检查 — Quiz 4

1. When standing up, you should: (a) lean forward a little with a straight back and press through your feet, (b) pull yourself up by your neck, (c) stand up as fast as possible.

2. True or false: Holding a bag close to your body makes it feel lighter than holding it at arm's length.

3.When picking something up from a low place, bend your: (a) waist, (b) knees, (c) neck.

4.What should you never stand on to reach a high shelf?

5.True or false: Asking for help with a heavy object is a sign of defeat.

Answers / 答案： 1. (a) lean forward a little with a straight back and press through your feet. 2. True. 3. (b) knees. 4. A chair — use a stable step stool with a handle, or ask someone. 5. False — it is good sense.

Lesson 5: Balance in Everyday Life / 第 5 课：日常生活中的平衡

> **Goal / 学习目标：** By the end of this lesson, you can use steady habits for reaching, turning, and using stairs, and you can practice one simple balance exercise with support.
>
> 学完本课，您能在取物、转身和上下楼梯时运用平稳的习惯，并能扶着支撑物练习一项简单的平衡练习。

1. Where balance is tested / 平衡受到考验的地方

Balance is rarely tested when you stand still. It is tested when you turn quickly, reach overhead, step over a threshold, or walk on a slope. The trick is to slow down exactly at those moments. Pause before you turn. Step close before you reach. Hold a rail before you step. One extra second of care prevents most wobbles.

平衡很少在静止站立时受到考验，而是在快速转身、伸手够高处、跨过门槛或走斜坡时受到考验。秘诀就是在这些时刻放慢速度。转身前先停一下，取物前先走近，迈步前先扶住栏杆。多一秒的细心就能避免大多数摇晃。

2. Stairs, step by step / 一步一步上下楼梯

Always use the handrail, even if you feel steady — rails are there for

everyone. Go one step at a time: place both feet on each step before moving to the next, if that feels safest. Take your time; there is no prize for speed on stairs. Wear firm, low shoes, and keep the stairs clear of objects, cords, and loose rugs.

请始终使用扶手，即使感觉平稳——扶手是为每个人准备的。如果感觉更安全，请一次上一级台阶：双脚都站稳后再迈下一步。慢慢来，上下楼梯没有速度奖。穿结实低跟的鞋子，并保持楼梯上没有杂物、电线和松动的地毯。

3. A gentle balance practice / 温和的平衡练习

Stand beside a sturdy chair or counter, holding it lightly. Lift one foot just a little off the floor — even one centimeter counts — and hold for five seconds. Lower it. Repeat on the other side. Do this three times each side, once a day. Over weeks, try holding for ten seconds, or holding with just one fingertip on the chair. If you wobble, you are learning: the small corrections your body makes are the exercise working.

站在结实的椅子或柜台旁，轻轻扶住。把一只脚稍稍抬离地面——哪怕只抬一厘米也算数——保持五秒钟，放下。换另一侧重复。每天每侧做三次。几周之后，可以尝试保持十秒钟，或只用一根手指扶椅。如果摇晃了，说明您正在学习：身体做出的微小调整正是练习在起作用。

> **Try this / 试一试：** Do the one-foot practice above now, beside your chair. Then walk through your home and find one balance risk

— a loose rug, a dark hallway, a cord across a path — and fix it or ask someone to fix it today.

现在就在椅子旁做上面的单脚练习。然后在家中走一圈，找出一个平衡隐患——松动的地毯、昏暗的走廊、横在路上的电线——今天就把它处理好，或请人帮忙处理。

Check yourself / 自我检查 — Quiz 5

1. When is balance most tested: standing still, or turning, reaching, and stepping over thresholds?

2. True or false: You should always use the handrail on stairs, even if you feel steady.

3. For the one-foot balance practice, how high should you lift your foot at first?

4. What should you do if you wobble during balance practice?

5. True or false: There is a prize for speed on stairs.

Answers / 答案： 1. Turning, reaching, and stepping over thresholds. 2. True. 3. Just a little — even one centimeter counts. 4. Keep going calmly; the small corrections are the exercise working (hold support if you need it). 5. False.

Lesson 6: Breathing, Relaxation, and Better Sleep / 第 6 课：呼吸、放松与更好的睡眠

> **Goal / 学习目标：** By the end of this lesson, you can do a slow breathing exercise and a short relaxation routine, and you can name three evening habits that support better sleep.
>
> 学完本课，您能完成一次缓慢呼吸练习和一套简短的放松活动，并能说出三种有助于更好睡眠的晚间习惯。

1. Slow breathing / 缓慢呼吸

Breathing slowly tells your body that all is well. Sit comfortably, feet flat, shoulders down. Breathe in gently through your nose for a count of four. Breathe out slowly through your mouth for a count of six, as if cooling warm tea. Repeat five times. Do not force the breath; if four and six feel too long, use three and four. The long out-breath is the calming part.

缓慢呼吸是在告诉身体一切安好。请舒适地坐着，双脚平放，肩膀放松。用鼻子轻轻吸气，数到四；用嘴慢慢呼气，数到六，就像在吹凉热茶。重复五次。不要强迫呼吸；如果四和六感觉太长，可以用三和四。较长的呼气才是使人平静的部分。

2. A short relaxation routine / 一套简短的放松活动

Starting at your feet and moving upward, tighten each part of your body gently for five seconds, then let go completely and notice the difference: feet, legs, hands, arms, shoulders, and face. Finish by sitting quietly for one minute, breathing slowly. This routine takes about five minutes and is a good companion to an afternoon rest or to bedtime.

从脚开始向上，依次轻轻收紧身体的每个部位五秒钟，然后完全放松，感受其中的差别：脚、腿、手、手臂、肩膀和面部。最后安静地坐一分钟，慢慢呼吸。这套活动大约需要五分钟，很适合午休或睡前练习。

3. Evening habits for better sleep / 有助于睡眠的晚间习惯

- **Keep a regular rhythm / 保持规律：** Go to bed and get up at similar times each day, even on weekends.
- **Wind down / 放松身心：** Dim the lights in the last hour before bed. Gentle stretching or slow breathing beats exciting television or news.
- **Comfortable room / 舒适的房间：** A cool, dark, quiet bedroom helps sleep. If noise bothers you, soft earplugs or a quiet fan can help.
- **Daylight and movement / 日光与运动：** A short walk in daylight and gentle daytime movement make nighttime sleep deeper.

If sleep troubles last for weeks, or daytime sleepiness affects your safety

— for example, dozing while driving or cooking — please talk with your doctor. This course offers general habits, not treatment for sleep problems.

如果睡眠问题持续数周，或白天嗜睡影响安全——例如开车或做饭时打瞌睡——请咨询医生。本课程提供的是一般习惯建议，不是睡眠问题的治疗。

> **Try this / 试一试：** Do the slow breathing exercise (five breaths, in for four, out for six) and the relaxation routine tonight before bed. Tomorrow morning, note whether falling asleep felt any easier. Even a small difference is worth noticing.
> 今晚睡前做一次缓慢呼吸练习（五次呼吸，吸气数四，呼气数六）和放松活动。明天早上记录一下入睡是否感觉容易了一些。即使是很小的差别也值得留意。

> **Check yourself / 自我检查 — Quiz 6**
>
> 1.In slow breathing, which part is the calming part: the in-breath or the out-breath?
>
> 2.True or false: You should force your breath to reach the full count even if it feels uncomfortable.
>
> 3.Name one evening habit that supports better sleep.

4.In the relaxation routine, you tighten each body part for how many seconds?

5.If sleep troubles last for weeks, what should you do?

Answers / 答案： 1. The out-breath. 2. False — shorten the counts if needed. 3. Any one of: regular bedtime rhythm, winding down with dim lights, cool dark quiet room, daylight and daytime movement. 4. Five seconds. 5. Talk with your doctor.

Lesson 7: Building a Movement Routine / 第 7 课：养成运动习惯

> **Goal / 学习目标：** By the end of this lesson, you can design a simple daily movement routine that fits your life, and you can plan what to do on days when you feel tired or busy.
>
> 学完本课，您能设计一套适合自己生活的简单日常运动计划，并能规划在疲倦或忙碌的日子该怎么做。

1. Anchor movement to your day / 把运动固定在日常生活中

Routines survive when they are attached to things you already do. Stretch while the kettle boils. Practice standing up strongly before lunch. Walk after breakfast. Do the balance practice while waiting for the microwave. These "anchors" mean you do not need willpower or a special time — the day itself reminds you.

把运动固定在您已经在做的事情上，习惯就更容易坚持。烧水时伸展，午饭前练习有力地站起来，早餐后散步，等微波炉时做平衡练习。这些“固定点”意味着您不需要依靠意志力或专门的时间——日常生活本身就会提醒您。

2. Small, then steady, then more / 先小、再稳、然后增加

Begin with a routine so small it feels easy: five minutes of walking, the

five-part stretch, and one balance practice. Do it daily for two weeks. If it feels comfortable, add five more minutes of walking or one more round of stretches. Growth should feel gentle, like a plant growing, not like a test to pass.

从一个小到感觉轻松的计划开始：走五分钟、做五个伸展动作、做一次平衡练习。每天坚持两周。如果感觉舒适，再增加五分钟行走或一轮伸展。增长应该像植物生长一样温和，而不是像要通过的考试。

3. Tired days, busy days, sick days / 疲倦的日子、忙碌的日子、生病的日子

On tired days, do the smallest version: slow breathing and one stretch. That still counts — keeping the habit alive matters more than the amount. On busy days, fold movement into errands: walk to the far end of the shop, take the longer corridor. On sick days, rest. A routine is a friend, not a boss: it waits for you, and you return when you are ready. If illness or pain lasts, talk with your doctor before resuming.

疲倦的日子，请做最小版本：缓慢呼吸和一个伸展动作。这同样算数——保持习惯比运动量更重要。忙碌的日子，请把运动融入办事中：走到商店较远的一端、走较长的走廊。生病的日子，请休息。习惯是朋友，不是老板：它会等您，您准备好时再回来。如果疾病或疼痛持续，请在恢复运动前咨询医生。

4. Moving with others / 和他人一起运动

Movement is easier and more joyful with company. Walk with a neighbor. Stretch with a friend on the phone. Join a gentle group class if one is nearby. If you live alone, tell someone your routine — a short message like "I walked today" turns a private habit into a shared pleasure.

和他人一起运动更容易、更愉快。和邻居散步，和朋友通电话时一起伸展，如果附近有温和的团体课就参加。如果您独居，请把自己的计划告诉某人——一句“我今天走了路”的短消息，就能把私人习惯变成共享的乐趣。

> **Try this / 试一试：** Write your own tiny routine now: one anchor in the morning, one at midday, one in the evening. Keep each under five minutes. Try it for three days, then adjust anything that did not fit. Your adjusted routine is your real routine.
>
> 现在就写下您自己的迷你计划：早晨一个固定点，中午一个，晚上一个，每个不超过五分钟。试行三天，然后调整不合适的地方。调整后的计划就是您真正的计划。

> **Check yourself / 自我检查 — Quiz 7**
>
> 1.What is an "anchor" in this lesson?
>
> 2.True or false: You should start with a large, challenging routine to get results fast.

3.On a tired day, what is the smallest version of your routine?

4.On a sick day, what should you do?

5.True or false: Telling someone about your routine can make it more enjoyable.

Answers / 答案： 1. Attaching movement to something you already do each day (like stretching while the kettle boils). 2. False — start small and easy. 3. Slow breathing and one stretch. 4. Rest, and talk with your doctor before resuming if illness or pain lasts. 5. True.

Lesson 8: My Wellness Plan / 第 8 课：我的健康生活计划

> **Goal / 学习目标：** By the end of this lesson, you can write your own wellness plan for movement, rest, and joy, and you can name your first three steps for the coming week.
>
> 学完本课，您能写出自己的健康生活计划，涵盖运动、休息和乐趣，并能说出未来一周的前三个步骤。

1. Wellness is more than movement / 健康生活不只是运动

Movement is one part of wellness. Rest is another: good sleep, quiet moments, and days off. Joy is another: music, friends, gardens, grandchildren, good food, and laughter. A wellness plan brings the three together. Ask yourself: what movement do I enjoy? What rest do I need? What brings me joy? Your answers are the heart of your plan — no one else's plan will fit you as well as your own.

运动只是健康生活的一部分。休息是另一部分：良好的睡眠、安静的时刻和休息日。乐趣也是另一部分：音乐、朋友、花园、孙辈、美食和欢笑。健康生活计划把这三者结合起来。问问自己：我喜欢什么运动？我需要什么休息？什么给我带来乐趣？您的答案就是计划的核心——别人的计划都不如您自己的适合您。

2. Writing your plan / 写下您的计划

A good plan is short, specific, and kind. "Walk more" is vague; "Walk for ten minutes after breakfast, five days a week" is a plan. "Be healthier" is vague; "Stretch every morning while the kettle boils, and go to bed by ten" is a plan. Write yours below, in your own words, in English, Chinese, or both. Keep it where you can see it — on the refrigerator is a fine place.

好的计划应该是简短、具体而温和的。“多走路”很含糊；“早餐后散步十分钟，每周五天”才是计划。“更健康”很含糊；“每天早上烧水时伸展，十点前上床睡觉”才是计划。请在下面用自己的话写下您的计划，可以用英文、中文或两者兼用。把它贴在看得见的地方——冰箱上就是个好位置。

3. My wellness plan / 我的健康生活计划

Movement I enjoy / 我喜欢的运动：_____

_____

My daily routine (morning, midday, evening) / 我的日常计划（早晨、中午、晚上）：_____

Rest I need / 我需要的休息：_____

__

Joy I want more of / 我想要更多的乐趣：_____

_____

People who support me / 支持我的人：_____

_____

My first three steps this week / 本周的前三个步骤：1. _____

2. _____ 3. _____

4. Keeping going / 坚持下去

You have finished eight lessons. That is a real achievement. Remember the golden rules: slow and small, supported, comfortable, regular, enjoyable. Return to any lesson whenever you like. Share what you learned with a friend — teaching is the best way to remember. And on days when movement feels hard, remember that a single slow breath and one gentle stretch still count. Wellness is not a finish line. It is a way of living, one small step at a time.

您已经完成了八课，这是一项真正的成就。请记住黄金法则：慢而小、有支撑、舒适、规律、愉快。任何时候都可以重温任何一课。把学到的东西分享给朋友——教学是最好的记忆方法。在感觉运动困难的日子，请记住，一次缓慢呼吸和一个温和伸展同样算数。健康生活不是终点线，而是一种生活方式，一次一小步。

> **Try this / 试一试：** Fill in your wellness plan above, then tell one person about it today — a family member, a friend, or a neighbor. Celebrate finishing this course with something you enjoy: a favorite

meal, a walk in a beautiful place, or a phone call with someone dear.

请填写上面的健康生活计划，今天就告诉一个人——家人、朋友或邻居。

用一件您喜欢的事庆祝完成本课程：一顿喜欢的饭菜、一次美丽地方的散步，或与亲爱的人通一次电话。

Check yourself / 自我检查 — Quiz 8

1.Name the three parts of wellness in this lesson.

2.Which is a better plan: "Walk more" or "Walk for ten minutes after breakfast, five days a week"? Why?

3.True or false: A wellness plan should be long and complicated to work.

4.On a day when movement feels hard, what still counts?

5.What is one good way to remember what you learned in this course?

Answers / 答案： 1. Movement, rest, and joy. 2. "Walk for ten minutes after breakfast, five days a week" — it is specific. 3. False — a good plan is short, specific, and kind. 4. A single slow breath and one gentle stretch. 5. Sharing it / teaching it to a friend.

Progress Checklist / 学习进度清单

Check off each lesson as you finish it. / 每完成一课，请打勾。

- ☐ Lesson 1: Why Gentle Movement Matters / 第 1 课：温和运动为什么重要
- ☐ Lesson 2: Walking Well / 第 2 课：走好路
- ☐ Lesson 3: Stretching for Comfort / 第 3 课：舒适伸展
- ☐ Lesson 4: Strength for Daily Tasks / 第 4 课：日常任务所需的力量
- ☐ Lesson 5: Balance in Everyday Life / 第 5 课：日常生活中的平衡
- ☐ Lesson 6: Breathing, Relaxation, and Better Sleep / 第 6 课：呼吸、放松与更好的睡眠
- ☐ Lesson 7: Building a Movement Routine / 第 7 课：养成运动习惯
- ☐ Lesson 8: My Wellness Plan / 第 8 课：我的健康生活计划
- ☐ I wrote my wellness plan / 我写下了自己的健康生活计划
- ☐ I shared my plan with someone / 我把计划告诉了某人

Remember: this course is general education and gentle movement instruction only. It is not medical advice. If you have a health concern, please talk with your doctor or physical therapist.

请记住：本课程仅为一般教育和温和运动指导，不是医疗建议。如有健康方面的担忧，请咨询医生或理疗师。