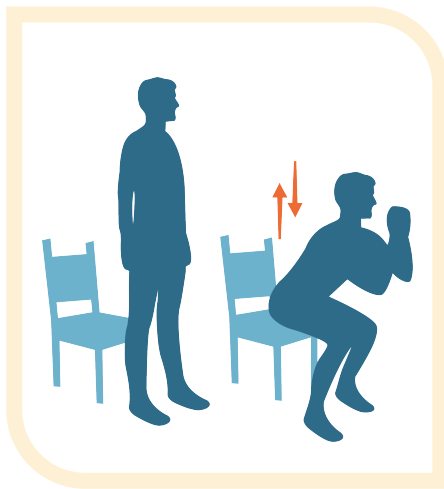




## 在家鍛煉 Exercising From Home

有規律的體育活動和鍛煉有很多好處，包括保持肌肉質量，提高您的平衡能力，防止跌倒。如果您不喜歡離開家，您仍然可以找到一些方法在家裡來鍛煉。



其中一種鍛煉就是蹲坐。按照以下步驟正確地操作：

1. 站立在椅子前，雙腳分開的距離與肩膀一樣。
2. 彎曲您的膝蓋，同時保持您的肩膀和胸部挺直。
3. 降低您的臀部，以便您坐下。
4. 最後把您的身體向後推，然後回到站立的姿勢。

在嘗試做某些您可能感到不舒服的運動之前，請務必諮詢您的醫生。當您鍛煉的時候，確保您周圍有其他人，或者可以迅速聯繫到他們。

### 新型冠狀病毒疫苗更新：

三藩市16歲及以上的任何居民都有資格預約接種新型冠狀病毒疫苗。要預約，請聯繫你的醫生或[點擊此處](#)查找疫苗接種點。如需協助，請致電華人社區健康資源中心：1 (415) 677-2473。

There are many benefits to regular physical activity and exercise, including maintaining muscle mass, improving your balance, and preventing falls. If you aren't comfortable with leaving your home, you can still find ways to exercise with items found around the home.

One such exercise is the Chair Squat. Use the following steps to perform it correctly:

1. Stand in front of a chair with your feet as far apart as your shoulders.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Finish by pushing your body back up and return to a standing position.

Please be sure to consult with your doctor before attempting certain exercises that you may feel uncomfortable performing. Whenever exercising make sure you have others around or can contact them quickly.

**COVID-19 Vaccine Update:** Anyone age 16 and over in San Francisco will be eligible to book an appointment to receive the COVID-19 vaccine. To book your appointment, please contact your provider or [click here](#) to find a vaccine site. For assistance, please call CCHRC at 1 (415) 677-2473.