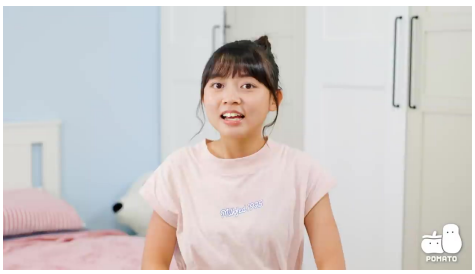
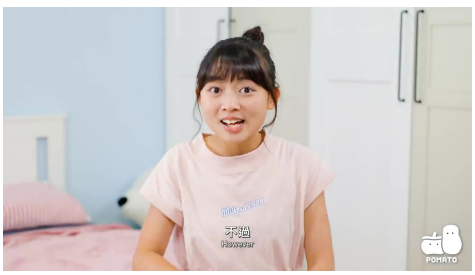
真的要減肥了
I really need to lose some weight.



你們準備好以最好的身型
Are you ready to go to the beach with

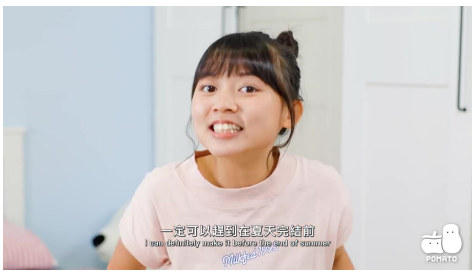
去迎接陽光與海灘嗎？
Your best body shape?

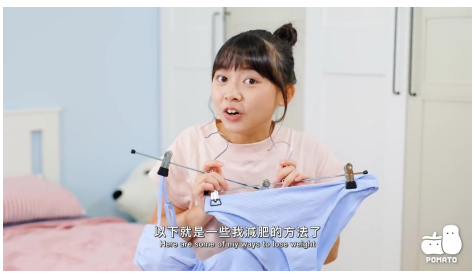
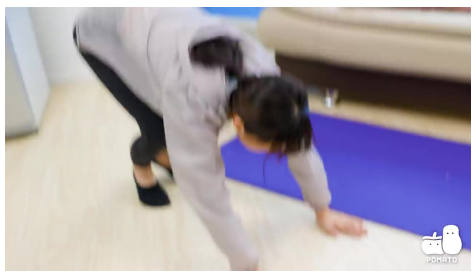
好期望
Obviously

我還沒有
I am not ready for it

不過
However

在未來數個月
In the few months

我已準備好最適合自己的減肥計劃
I have prepared a diet plan for myself

我已準備好最適合自己的減肥計劃
I have prepared a diet plan for myself

一定可以趕到在夏天完結前
I can definitely make it before the end of summer

不知道你們是如何減肥的？
I wonder how you guys lose weight?

以下就是一些我減肥的方法了
Here are some of my ways to lose weight


減肥第一件事
The first thing to lose weight

不用出努力
No pain

又如何會有回報
No gain

……
Ohh...

你也知道的
You know

學業又多功課考試
Homework and examinations

還有
Besides

要看劇集、看電影、看動漫的
To watch dramas, movies, and anime

鍛鍊這回事
Things like workout

讓我完成正經事吧
Let me finish the serious stuff first

融英　你看不看新的劇集？
You do you watch the new dramas

新的劇集有李敏鎬
The cast is Lee Min Ho

不看了
Ai no'ur me

我還有三週未做
I still got 3 weeks to go

甚麼？
What

但你已經做了三小時
You already did it for 3 hours

大腿要瘦一點
I want thin thighs

我要瘦一點
I want to be fit

好吧
Fine

減肥第二件事
The second thing to lose weight

當然與食物有關
Of course it related to food

除了運動外
In addition to sports

如何進食也是很重要的
How to eat is also very important

我這個16/8間歇性斷食法
My 16/8 intermittent fasting method

就最完美了
Is perfect

一路發
Become rich all the way

16/8間歇性斷食法
16/8 intermittent fasting method

就是說一天內
Means in a day

16小時不進食
No food for 16 hours

再集中在8小時內進食
Concentrate on eating within 8 hours

這樣還不能減肥？
How can't not lose some weight?

這樣還不能減肥？
How can't not lose some weight?

不過　你也知道
However, you know

工作又忙碌
Busy at work

睡眠又不足
No enough sleep time

如果只有3小時可以進食
If there are only 3 hours to eat

我真的會很不開心
I will be so sad

不用了　我今天的胃口不太好
No, I don't have a good appetite today

我飲水他可以了
Drinking water is fine

但你全日都沒有進食
But you haven't eaten all day

我真的不餓
I'm really not hungry

哦
Oh

減肥第三件事
The third thing to lose weight

一直記錄自己的體重
Keep recording your own weight

就可以知道自己付出的努力
You will know how much effort you have paid

到底有沒有收穫
Is there any gain

你便會更有動力減肥
You will be more motivated to lose weight

Wow

Impossible

我已經很努力減肥了
I've worked so hard on losing weight

會不會是東西壞了？
Could it be broken?

麗英麗英　快過來　上去
Ying, come here. Stand on it

麗英麗英　快過來　上去
Ying, come here. Stand on it

你已經很瘦了
You are so skinny now

你還愈來愈輕？
Are you getting lighter and lighter?

那有？
Am I?

你看，這裡還有很多肉的
See, I still have some fat here

減肥的方法其實五花百門
There are many ways to lose weight

我剛剛就給三種方法
The three methods I just mentioned

只是我的慣常做法
Are just my usual practices

減肥也要健康
Lose weight in a healthy way

千萬要量力而為
Definitely set according to your own capabilities

你不舒服嗎？ 你沒事吧
Are you sick? Are you fine?

我……沒有事
I... am fine

去的時間又很長
And spent so much time

間中又有些嘔吐物味道
Sometimes there was a smell of vomit

你是不是經常不適在嘔吐?
Do you often feel sick and vomiting?

麗英 你平日都在不停鍛鍊
Ying, you are always exercising

麗英 你平日都在不停鍛鍊
Ying, you are always exercising

還令自己愈來愈瘦
You are getting thinner and thinner

我擔心你是否患上進食失調症
I am worried about whether you have an eating disorder

我擔心你是否患上進食失調症
I am worried about whether you have an eating disorder

不會吧
No way

我只是在減肥
I am only losing weight

怎會患有進食失調
How can I have an eating disorder

最多只是數月沒有月經
No menstruation for a few months at most

最多只是數月沒有月經
No menstruation for a few months at most

都可以很複雜
Could be complicated

減肥只係其中一個誘因
Weight loss is only one of the triggers

這個病可以與你的心理因素
This disease can be related to your psychological factors

完美主義性格
Perfectionist character

或是社會的身形標準有關
Or the body shape standard of the society

這個病會令你脫髮
This disease will make you lose your hair

手腳冰冷
Tend to have cold hands and feet

以及便秘
And constipation

甚麼？ 這麼嚴重！
What? Could it be so serious?

這個病還會影響你的情緒和想法
This disease can also affect your mood and thoughts

這個病還會影響你的情緒和想法
This disease can also affect your mood and thoughts

就連你的社交生活也有可能影響到的
Even your social life

可大可小
I am not joking

我應該如何做？
How am I supposed to do?

我應否找專業人士幫忙嗎？
Should I seek help of specialists?

其實不少人都與你一樣
Actually many people are just like you

在進食和身形上的困難
Trouble with eating and body shape

香港進食失調康復會
Hong Kong Eating Disorders Association

「HEDA」幫忙
HEDA for help

他們是一間本地嘅非牟利機構
It is a local non-profit organisation

有臨床心理學家、社工、輔導員和營養師
There are clinical psychologists, social workers, counsellors and dietitian

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There are clinical psychologists, social workers, counsellors and dietitian

提供支援或治療的服務
Providing support or treatment

給予進食失調症患者及其家人
For patients of eating disorder and their family

進食失調症不是一個好罕見的病
Eating disorder is not a rare disease

常見的有暴食症、狂食症或厭食症
Bulimia Nervosa, Binge-eating disorder or anorexia nervosa are also common

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想了解更多
If you want more information

或者打求助熱線
Or call the helpline

28504448查詢
28504448 for the enquiry

找到人幫忙
Find someone to help

就最美了
You will be the prettiest girl

去塗上唇膏吧
Go put on some lipstick

只要有自信 你就係最靚