

## 森林浴步行可苗條身材 Forest Bathing and Walking for a Slimmer Figure

### 【圖表內容 Graph Content】

- 時間 (分): Time (minutes)
- 卡/分: Calories per minute (kcal/min)
- 體重 (公斤): Body Weight (kg)
- 卡路里: Calories (kcal)
- 公尺/分: Meters per minute (m/min)
- 步行、跑步速度: Walking and Running Speed
- 步行 (卡/公斤/分): Walking (kcal/kg/min)
- 跑步 (卡/公斤/分): Running (kcal/kg/min)
- 坡度說明: 上坡 (+5%)、平地、下坡: Slope descriptions: Uphill (+5%), Flat ground, Downhill

### 【攝取 100 卡所需的食品量 Food Amounts Required to Intake 100 Calories】

食品名稱 (Food Name)	數量 (Quantity)
白飯 (White Rice)	0.5 碗 (0.5 Bowl)
雞蛋 (Eggs)	1.2 個 (1.2 Eggs)
西餅 (Cookies/Pastries)	0.5 個 (0.5 Pieces)
蜂蜜 (Honey)	30 公克 (2 茶匙) (30g / 2 Teaspoons)
甜栗 (Sweet Chestnuts)	8 粒 (8 Chestnuts)
香蕉 (Bananas)	1 粒 (1 Banana)
蘋果 (Apples)	0.5 個 (0.5 Apple)
柑桔 (Tangerines)	2.6 個 (2.6 Tangerines)
鮮奶 (Fresh Milk)	0.67 杯 (105 卡/杯) (0.67 Cup / 105 kcal per cup)
啤酒 (Beer)	0.4 瓶 (280 cc) (0.4 Bottle / 280 cc)

### 【底部署名與說明 Bottom Instructions & Examples】

- 看圖順序: 左下 → 右下 → 右上 → 左上 → 讀卡路里數  
How to read the graph: Bottom Left → Bottom Right → Top Right → Top Left → Read the calorie count
- 例如: 稍快走, 上坡 (+5%), 80 公斤的人走 60 分鐘, 就消耗了 460 卡路里 (看紅色虛線)  
Example: For a person weighing 80 kg walking at a "brisk walk" pace uphill (+5%) for 60 minutes, the energy expenditure is 460 calories (refer to the red dashed line).