

NEWSTART

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TRIPLE..HEALTH

HEALTHY LIFESTYLE

~2022~



NUTRITION

By reviving the students' memories of the food pyramid and teaching them to read the food labels, we hope to raise their awareness of healthy diets.



EXERCISE

We taught the students the basics of stretching exercises. Also, we remind them to exercise daily to develop healthy habits, hoping that would help them in facing stressful moments.



TEMPERANCE

We reminded the students not to get addicted to electronic devices and listed out the consequences. By sharing our healthy hobbies, we encouraged the students to develop their own.

REST & WATER

We reminded the students to drink 6 - 8 cups (1 cup = 240ml) of water every day. Secondly, we emphasized no matter how busy they are, try to rest when they feel the need to..



HEALTHY LIFESTYLE BINGO

Students needed to locate game booths inside the campus and finish missions related to healthy lifestyles. By completing the bingo, they would be rewarded with gifts. We try to encourage students to exercise more and promote the idea of healthy lifestyles.

