



# Healthy at home



Healthy at Home Series involves sport trainers that provides CIE students and staff a great way to explore their interests towards different sports activities and health information sharing.

## THURS, MARCH 24

### 5:00-6:30 PM FITNESS AT HOME 居家全身性徒手運動

- Simple Tests to Measure Your Fitness Level at Home
- Tips for home exercisers
- Best exercises without equipment



## #Stayathome

## THURS, MARCH 31

### 5:00-6:30 PM DETOX YOGA 排毒瑜伽(適合初/中階同學)

- How to start your detox yoga exercise at home
- A guide for beginner
- Creating a daily yoga practice at home

## THURS, APRIL 7

### 5:00 -6:30 PM HEALTHY DIET AT HOME 在家自己煮最健康?

- Create a healthy-eating routine
- How To Plan And Create Balanced Meals
- Eating and exercise: share tips to maximize your workouts



Kim Chu

Registered Dietitian  
註冊營養師

(現職跨國醫療營養品公司、  
擅長改善現有的餐單，亦可針  
對不同對象的需要設計健康食  
譜並配合運動)



Kigan Chan

Advance Yoga/physical trainer  
瑜伽及體適能導師

(擅長教授Hatha yoga、detox  
yoga、瑜伽治療、空中旋轉  
舞蹈\* 2019年上海國際空中瑜  
伽大賽空中舞韻總冠軍)

\*Language: Conduct in Cantonese  
\*以上活動均以廣東話進行

For enquiry: Ms. Yuen Chan(3411-3303/  
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Registration link: <https://bit.ly/3MJpezp>  
or QR code:

