Check out our online activities we have scheduled for you for the first week of the Exercise is Medicine Month to keep you physically active and motivated throughout May.

Friday 1 May
- **Daily Fit Calendar**
  - Printable Daily Fit Calendar with quick and easy exercises.
- **Show Your Move Challenge 1**
  - Show us your variation of our exercise then challenge your friends to join.

Monday 4 May
- **Workout of the Week (WOW)**
  - Full body workout with water bottles as equipment.

Tuesday 5 May
- **Exercise Tests at Home**
  - Simply functional strength tests to do at home: Sitting Rising Test.
- **Live Yoga**
  - Live Yoga for strength and flexibility, restoring energy through breathing and relaxation exercises.

Wednesday 6 May
- **Live Workout: Exercises to Improve Posture**
  - Live demonstration of non-gym based exercises for better posture.

Thursday 7 May
- **Live Workout: Office Aerobic**
  Heart-pumping chair routine for aerobic training that you can do during work or study break.

Friday 8 May

- **Show Your Move Challenge 2**
  Challenge your friends to our 2nd Show Your Move Challenge and show your variation of the aerobic exercise.

- **Health Expert Q&A: Dr Grace Loy & Dr Olivia Choi**
  Q&A with Physicians from the University Health Service on why exercise can be a medicine.

As you can see, we have enough activities to keep you active and healthy during the first week of May.

Looking forward to see you soon.

Centre for Sports and Exercise & University Health Service

The University of Hong Kong

*Exercise is Medicine®
Gold Campus

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