

To: All Eligible Users of University Health Service

Celebrate 10 Years of Health and Wellness: Exercise-Is-Medicine (EIM) Month Oct 2026



This October, HKU is excited to celebrate [Exercise is Medicine \(EIM\) Month 2026: "Legacy in Motion"](#). We encourage all students and staff to join us in celebrating ten years of advancing health and wellness through this movement, right here at HKU.

The University Health Service will be hosting two booths for EIM Month October 2026. One booth will showcase the Function Movement Challenge, organized by our UHS physiotherapists, while the other will focus on smoking cessation and promoting physical activity. The details of the booths are as follows:

EXERCISE IS MEDICINE On Campus Month LEGACY IN MOT10N		
Title	Kick the Habit & Get Moving	
Date	2 Oct 2026	
Time	12:30 – 15:00	
Place	Sun Yat-sen Place (Happy Park)	
Booths	The Functional Movement Challenge	Smoking and Physical Activity
	• Body fat Scale • Board display • Game Challenge by UHS physiotherapist 13:00- 14:00	• Board display • Minigame with gifts

EXERCISE IS MEDICINE On Campus Month



LEGACY IN MOT10N



Sun Yat-sen Place (Happy Park)



2 Oct 2026



12:30 – 15:00

Kick the Habit & Get Moving:

“ The Functional Movement Challenge ”

- Body fat Scale
- Board display
- Game Challenge by UHS
physiotherapist 13:00- 14:00

“ Smoking and Physical Activity ”

- Board display
- Minigame with gifts



Thank you.

University Health Service

September 2026