

To: All Eligible Users of University Health Service

Please refer to the posters below for details:

The image displays a collage of promotional materials for an event at the University of Hong Kong. At the top, logos for the University Health Service, Centre for Sports and Exercise, and cedars are visible. The main poster on the left features the text 'Exercise is Medicine On Campus Month' and 'Sit Less Move More' in large green and blue fonts, with the subtitle 'A Month of FREE Exercise Activities'. Below this, it specifies 'MAY 2025' and lists activities: 'FITNESS FUN DAY', 'EXERCISE WORKSHOPS', 'PILATES SESSIONS', and 'YOGA SESSIONS'. A photograph shows a man and a woman jogging. Social media handles for EIMATHKU and EIM_AT_HKU are provided, along with a QR code and the website WWW.EIM.CSE.HKU.HK. Logos for event partners (ACSM, The University of Hong Kong Libraries, HKU Med) and sponsors (YES ROCHER) are at the bottom. To the right, a smaller poster titled 'Exercise is Medicine On Campus Month' and 'Sit Less Move More' provides event details: 'Haking Wong Podium', '7 May 2025', and '12:00 - 14:00'. It lists 'Fitness Fun Day' and 'UHS Booths' with two callout boxes. The first callout, 'Fact about Physical Activity', lists a board display, a minigame with gifts, and a demonstration session by a UHS physiotherapist at 12:15 - 13:00. The second callout, 'Smoking and Physical Activity', lists a board display and a minigame with gifts. A small image of a person applying muscle tape is shown at the bottom right of this section.

Thank you.

University Health Service

April, 2025