

# Theme for November “Healthy Living”

## Upcoming Events

**11/29 Wed.**

**12:20 PM ~ 13:00 PM**

**📍 Location:**

**Kapok Seed Plaza**



Monthly Quote:

“Make your body your machine”

♥ HEALTHY FOOD

♥ EXERCISE

♥ REST



Do you know that **being fit** doesn't happen overnight? It is a **slow progress**, taking one day at a time. But you will definitely **reap its benefits**.



**Staying active** is one way to get fit. It cuts your risk of disease. Activities such as **exercise** is one of the best medicines known to man. It can help fight off things like diabetes and heart disease.



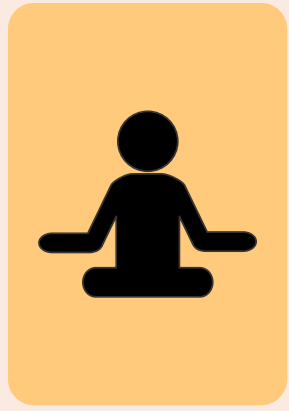
It **keeps your body and mind healthy**. It can lower your blood pressure, blood sugar, and cholesterol. It can also help you to have stronger bones and a healthy heart as well as improve your mood.



All in all, doing any regular **physical activity** can improve your health compared to doing nothing. And remember, slow progress is better than none.



# Recommended Activities



Meditate



Weight Lift



Swim



Hike



Surf



Cycle



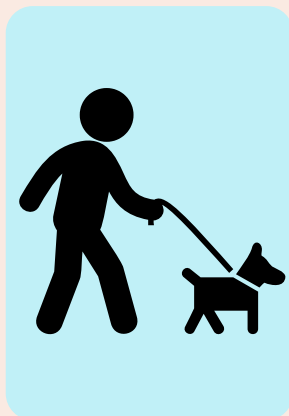
Ball Games



Boxing



Stretch



Walk



Gymnastics



Hydrate



Dance



Yoga



Jog



Jump Rope

Monthly Quote:

"Make your body your machine"

Our body is the vessel that carries us around and lets us do all of our daily tasks. It's important that we treat it well with healthy food, rest, and exercise. We must take care of it the same way we would with machines when giving it power, fresh oil, and new parts.

