

# How to Put 'Incorporate Exercise in Daily Life' into Practice in Reality?

## Before going to work

Do some simple stretching exercises when you wake up to improve blood circulation



## During lunch time

Go out for a walk after lunch



## After work

Participate in sports training classes held by different organisations together with family and friends



## At any time

Make use of simple items in the office (e.g. water bottles and resistance bands) to do muscle-strengthening exercises

