



We can do exercise at home - not only at gym!

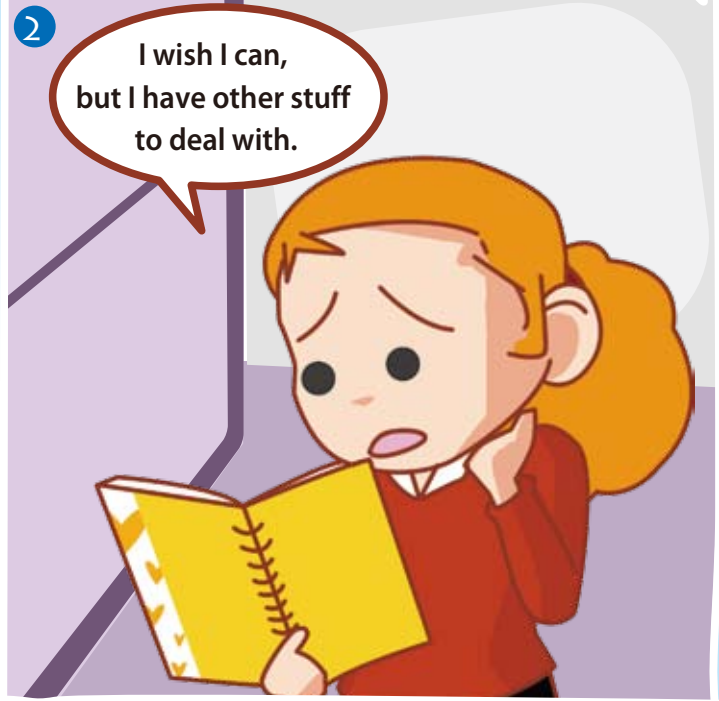
1

Hey, Let's go to gym after work.



2

I wish I can, but I have other stuff to deal with.



3

You don't know about the Health@work.hk Pilot Project, do you? Free elastic band exercise class will be held at this office soon.



4

You'll have an elastic band as a free gift too.

That's nice. With that I can exercise at home and at work.



Anywhere is your gym room for exercise if you incorporate physical activities into your daily life.

