



## 抗疫小貼士 Health Tips Against Viruses

### 強健體魄

適量運動強健體魄和紓緩壓力,建議每天在家中或空曠地方做至少30分鐘運動。

### Regular Exercise

Exercising regularly can help strengthen our physical health, and also relieve stress. Moderate exercise of at least 30 minutes at home or in an open space is recommended.

