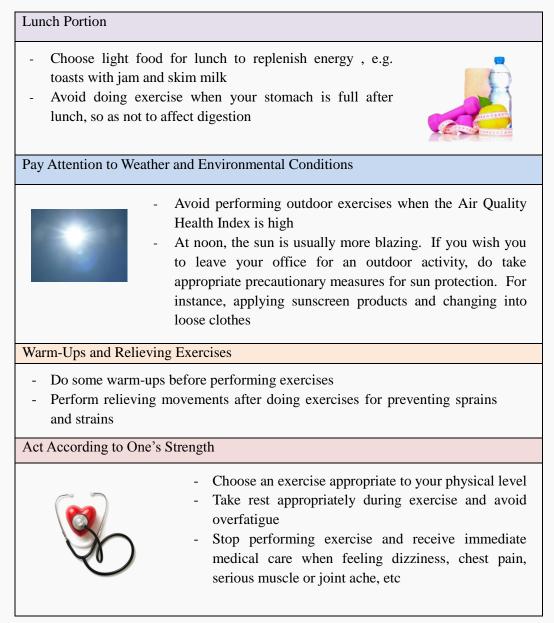




In the previous two issues of health information, you should have acquired much information on exercise and water. Besides maintaining adequate water in our body before, during and after exercise for health purpose, we should also take precautionary measures to reduce sport injuries:



It is multi-advantageous to make good use of our work hours to do more exercises. Do remember to take full precautionary measures while enjoying these advantages. In addition to replenish water properly, we should also pay attention to each of the points above to reduce the risks of sport injuries.