



| <b>Course Category</b>       | Extra-curricular Activities                                                                                                                                                       |          |                   |                 |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------|-----------------|
| <b>Course Title</b>          | Lose Weight Gain Health                                                                                                                                                           |          |                   |                 |
| <b>Course Code</b>           | EC096                                                                                                                                                                             |          |                   |                 |
| <b>Medium of Instruction</b> | Chinese                                                                                                                                                                           |          |                   |                 |
| <b>Duration</b>              | 3.0 hour(s)                                                                                                                                                                       |          |                   |                 |
| <b>Course Fee</b>            | Macao Resident: MOP200<br>(Early Bird Promotion: MOP180)<br>Non-Macao Resident: MOP200<br>(Early Bird Promotion: MOP180)                                                          |          |                   |                 |
| <b>Certificate</b>           | Certificate of Attendance by Request                                                                                                                                              |          |                   |                 |
|                              | Course Code                                                                                                                                                                       | Sub Code | Course Start Date | Course End Date |
|                              | EC096                                                                                                                                                                             | 2401     | 2024/04/25        | 2024/04/25      |
| <b>Outline</b>               | What is obesity? How is body weight assessed? This training will discuss how to improve dietary habits and physical fitness by means of diet regulation and appropriate exercise. |          |                   |                 |