2024 NTHU Health Promotion Series Event

TSING HUA SUMMER FUN

Each participant is entitled to one set for each activity, limited quantity available

## 1. CAMPUS-WIDE FITNESS WALK AND FUN TREASURE HUNT

Task 1: Use a mobile app or pedometer to record at least 10,000 steps per day for a continuous 2 weeks, at least 3 days per week. Upload the records of at least 6 instances in 2 weeks to (https://reurl.cc/RWzL6z) ,you can go to the Division of Health Service to get a NT$100 gift card. (limited to 100 vouchers)

Task 2: Upon completing Task-1 and collecting full-frame photos at 5 designated scenic spots, you will have the chance to enter a lucky draw.

5 designated scenic spots:
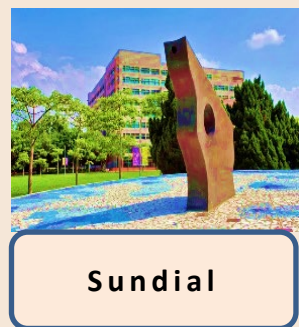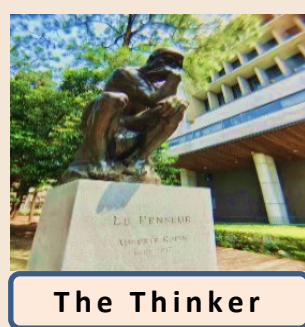
| Sundial | The Thinker | Tsing Hua Gate | Silent Conversation | Leaf |

2. DAILY HEALTHY EATING, BALANCED WITH VEGGIES AND FRUITS
(LIMITED TO 20 SETS PER WEEK)

For at least 5 days a week, take pictures of your daily healthy meals containing 3 servings of vegetables and 2 servings of fruits. Then, edit these into one photo and upload 5 photos to the Division of Health Service Facebook page "Healthy Five Fruits and Vegetables", you can go to the Division of Health Service to get a fruit voucher.

Note: According to the Ministry of Health and Welfare's definition, "one serving of vegetables is approximately half a bowl after cooking, and one serving of fruit is equivalent to the size of a fist."

3. CHECKING THE REPORT AND SENDING A GIFT

Log in to the academic info system (within the campus network)→ Health Care System → Personal Health Management → Directory → Personal Area → Health File → Physical Examination Data → Enter the "Report Query" page → Present the screen at the Division of Health Service to receive a "delightful gift."

4. CONDUCTING A SURVEY AND SENDING A GIFT

Log in to the academic info system (within the campus network)→ Health Care System→ Personal Health Management → Questionnaire Survey → General Questionnaire → Choose any "Health Questionnaire" to fill out → Present the screen at the Division of Health Service to receive a "delightful gift".