

Weight Loss Challenge Accepted

All of the faculty members have accepted the challenge to lose weight, reduce fat and stay in shape. On September 25th in the Shao-mo Memorial Gymnasium, the Female Faculty Alliance presented the “Body Sculpting Campus” activity, promoting healthy habits to campus employees. Director of the Office of Physical Education, Shu-feng Hsiao, stated, “I’ m so excited that the atmosphere for exercising at this university is picking up everyday. Now when I finish work, I see more and more faces as people making a habit of maintaining a healthy lifestyle. It feels great.”

During the meeting in the Gymnasium, Shu-feng Hsiao explained the different benefits to exercise and gave tips for maintaining good habits. She stated, “The advantages of exercise don’ t come unless you push yourself. I know it’ s difficult, but if I can do it, anyone can do it.”
(Article: Jin-yu Cai, Photographed by Guo-zhen Wu)

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