

National Healthy Weight Week

JANUARY
National Healthy Weight Week
(1/15 - 1/21)

一月 全國健康體重週
(1/15 - 1/21)

Healthy Weight Workshop 健康體重講座

Brief Description: According to National Foundation For Cancer Research (NFCR), January is a particularly difficult time for Americans to remain healthy and active. About 20% of all cancer diagnoses is related to physical inactivity. With efforts to improve health and reduce risk of cancer, Americans should get moving during one of the most sedentary months of the year, and celebrate Healthy Weight Week from January 15th through the 21st in simple steps. If you want to learn more about Healthy Weight, please attend NEMS Health Education Workshop.

Topics:

- Why is a healthy weight important?
- What is considered a healthy weight scale?
- What are factors contributing to healthy weight?
- Underweight vs. Overweight
- Energy balance
- 8 Tips for healthy weight management

簡介:

根據國家癌症研究基金會 (NFCR)，一月份對於美國人來說是保持健康和活躍的特別困難的時期。大約20%的癌症診斷與缺乏身體活動有關。為了改善健康和降低患癌症的風險，美國人應在一年中最久坐不動的月份裡開始運動，適逢1月15日至21日是關注健康體重週，我們應學習簡單步驟去保持健康體重。如果您想了解更多關於健康體重的資料，請參加東北醫療中心健康教育部舉辦的講座。

題目:

- 健康體重為何如此重要？
- 什麼是健康體重的標準？
- 有哪些因素影響健康體重？
- 體重過輕與過度肥胖
- 能量/熱量平衡
- 8個保持健康體重的小貼士

Detailed Information 詳細資料	1520 Stockton Clinic 華埠Stockton街診所	2574 San Bruno Clinic 波特羅區San Bruno街診所	1870 Lundy Clinic 聖荷西1870 Lundy街診所
Date 日期	1/3 - 1/31/2023 Every Tuesday & Thursday 逢星期二、四	1/9 - 1/30/2023 Every Monday 逢星期一	1/4 - 1/25/2023 Every Wednesday 逢星期三
Time 時間	10:30am - 11:30am 上午10時半至11時半	2:00pm - 3:00pm 下午2時至3時	2:00pm - 3:00pm 下午2時至3時
Location 地點	1520 Stockton St., San Francisco, CA 94133	2629 San Bruno Ave., San Francisco, CA 94134	1870 Lundy Ave., San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語