

Better Me Festival



By 5A (15) Nathan Ho



A lot of Hong Kong children are obese these days due to an unhealthy diet and lack of exercise. Instead of going outdoors to play, they would rather stay indoors to watch Netflix, YouTube or play video games.

The goal of this festival is to encourage children in Hong Kong to do more exercise so that they can have a healthier lifestyle and improve themselves.



Special things than can be done on this festival

SUPERSTARS COMING TO HONG KONG THIS YEAR!

i. In the spirit of the festival, anyone you invite to do an exercise or sport with must accept and cannot reject you.

ii. All sports centres, sports grounds and swimming pools will be open and be free of charge.

iii. All schools will be open so that students can go back to the playground or hall to do sports with their friends or teachers.

iv. Famous athletes and sports stars will be flown in to Hong Kong for this festival so that the public will have a chance to do sports with their heroes.



PORTUGUESE SUPERSTAR
CHRISTIANO RONALDO



THREE-TIME WORLD CHAMPION
TABLE TENNIS PLAYER MA LONG

EVENTS UNIQUE TO 'BETTER ME FESTIVAL'

Boxing with your teacher



On this day only, you can box with any teacher you would like at school. How is that fun? Well, your teacher will have his/her hands tied behind their back and must stand in the ring with you for a minute!

Free Healthy food

How to encourage children to eat healthily? By providing them with free food of course! All restaurants will only serve healthy food on this day and if any restaurants are caught selling junk food, they would be given a hefty fine!





Get Fit, Have Fun,
and Celebrate
Better Me Festival!
Join Us for an
Amazing Time
Filled with
Nutritious Food,
Exciting Activities,
and Tons of
Laughter!"

SEE YOU ON THE 1ST JANUARY, 2026