# Better Me Festival





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.

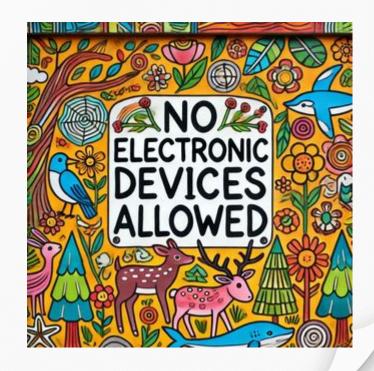


#### Information about the festival



This festival would be celebrated every year in Hong Kong on the 1st January as the New Year is usually the time people make New Year's resolutions and promises to improve themselves.

To ensure a successful festival, all electronic devices will be banned on this day and the Internet and TV will be blocked all over Hong Kong.



# Special things than can be done on this festival

- 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.



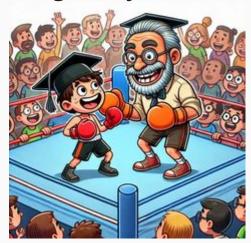
PORTUGSESE SUPERSTAR
CHRISTIANO RONALDO



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 Festivall Join Us for an **Amazing Time** Filled with Nutritious Food, Exciting Activities, and Tons of Laughter!"

SEE YOU ON THE 1ST JANUARY, 2025