EXERCISE IS MEDICINE™ HEALTH TALKS

The Institute of Human Performance invites you to a program of free Health Talks under the Exercise is Medicine on Campus (EiM-OC) initiative, focusing on sharing knowledge about areas surrounding Health, Exercise, and Active Lifestyle and raising awareness of the importance of an active and healthy faculty lifestyle.

FOOD & NUTRITION FOR HEALTH
WHAT TO EAT FOR OPTIMAL PERFORMANCE?

Wednesday April 13, 2016
12:30 - 13:30pm
James Hsioung Lee Science Building
G/F, JLG 03, Main Campus
The University of Hong Kong

Dr. Tanja Sobko
Assistant Professor

Abstract
When it comes to food and nutrition, busy people are always troubled with the choice between time versus health. In this seminar we will give an overview of health and nutrition for busy people, discussing the energy and quality of nutrition. The focus will mainly be on: sugar and how it influences performance and mood, Super foods and Super meals, Water and alcohol and how to handle the hangover. Moreover, we will talk about snacks and present practical tips on what foods to choose and, more importantly, what foods to avoid. Finally, as there are many common myths about food and nutrition, we will address these common nutrition myths.

About the speaker
Tanja (PhD, Karolinska Institutet, Sweden) has over 15 years of extensive interdisciplinary academic and research experience on childhood overweight and obesity, mechanisms behind and early prevention strategies. The studies address role of diet, physical activity and behaviour, as well as risk factors for related diseases development. Tanja’s recent major research efforts have been in designing and conducting health promoting interventions for families with young children. In her successful ‘Play&Grow’ program, she and her team introduced a concept of Connectedness with Nature, adding it as a novel element to the healthy eating and playtime family intervention.

MORE INFORMATION AND TO SIGN UP

As light refreshments will be provided and places are limited, signing up for the event is preferred. Please scan the QR-code or follow this link: http://tinyurl.com/EIMHealthTalks

For more information, please contact us through 39177852 or activihp@hku.hk

SCAN TO SIGN UP