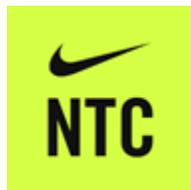




Counselling Workroom –

To maintain your physical and psychological wellness with APPS

In this counselling workroom, we would like to introduce some free APPS for you to enhance your physical and psychological wellness! You are also encouraged to choose other APPS to suit your needs!



NIKE TRAINING CLUB



You can train your physical ability according to your personal needs and habits without equipment. If you want to have regular training to improve yourself, you can set a personal training program to train up yourself towards your best physical condition.



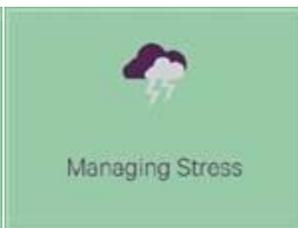
WORKOUT FOR WOMEN: FITNESS APP



Although the name of this APP is 'Workout for women', there are different kinds of exercises in this APP which are suitable for both gender, for example, 7-minutes workout, special training for different parts of our body, weight loss training, HIIT and Yoga.



SMILING MIND





MINDFULNESS COACH



MINDFULNESS
TRAINING



PRACTICE
NOW



TRACK
PROGRESS



BUILD
EXPERTISE

These TWO APPs can provide you a special experience of mindfulness and meditation to help relieving your stress, improving your sleep quality and emotions. In Mindfulness Coach, you can also find ways to increase your self-awareness and help with emotional discomfort.