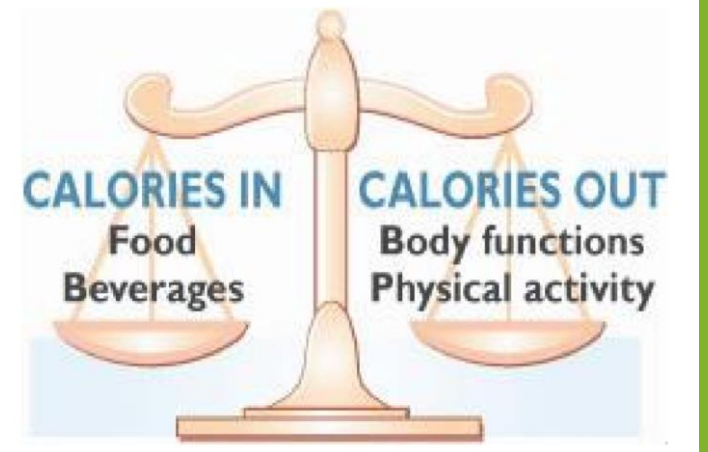


Health & Fitness Club (HFC)



CCA Objectives:

Increase awareness towards healthy living through knowledge about proper nutrition and regular exercise.



Sports exposure & skill acquisition via termly modules to encourage adoption of sports/games in daily lives.

Recruitment:

All are welcomed to join.
Priority will be given to those whose BMI falls above the 90th percentile range

