



CELEBRATING
THE 25TH MARCO POLO
GERMAN BIERFEST

Marco Polo Hongkong Hotel transformed the outdoor platform into a German Bierfest. Club Wheelock members are invited to celebrate the 25th anniversary of this most popular Oktoberfest in Hong Kong with traditional German beer and food against the backdrop of Victoria Harbour. The Notenhobler band from Germany performed traditional music and danced with the guests. All the guests immersed themselves in a wonderful evening.



THE SECRET OF DIET
AND EXERCISE FOR
SLIMMING WITHOUT HUNGER

To arise the importance of healthy living, Club Wheelock invited Registered Dietician Vin Ip to share the secret of slimming through dieting and exercising minus the empty stomach. He touched on several crucial points such as the consequences of being overweight; factors that affect body weight; controlling body weight with a balanced diet; dining out while losing weight; the importance of exercise as well as suggestions for home exercise.



何為過重？

- 骨骼
 - 骨質密度 - 為持不變
- 肌肉
 - 肌肉重量 - 持不變或輕微增加
- 水分
 - 水分比例 - 為持不變
- 脂肪
 - 脂肪比例 - 大幅減少