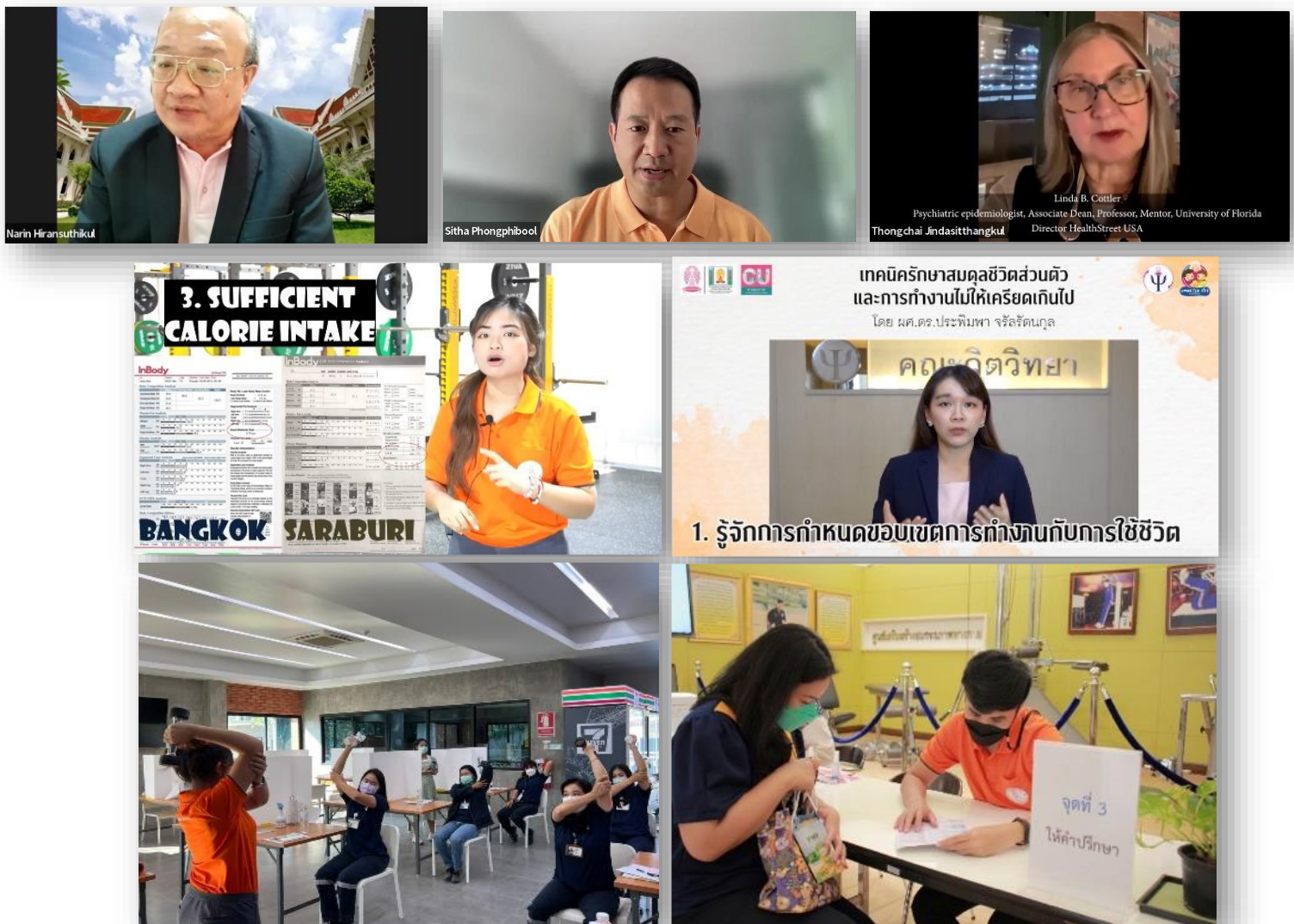


The project to maintain good health through online platforms with 4R (Regular exercise, Refresh with water and healthy food, Reduce stress and Relax)

The project to maintain good health through online platforms with 4R (Regular exercise, Refresh with water and healthy food, Reduce stress and Relax) is a collaboration between Faculty of Sports Science Chulalongkorn University and Chulalongkorn Health Street, as well as with many other institutions inside and outside of Chulalongkorn University. The objective is to encourage the people of the university residing in Bangkok and Saraburi Province of all age groups to have good physical and mental health. This can be achieved through a video clip showing exercises and physical fitness tests, then analysing the results for each participant and giving them advice on proper health care methods in order to keep their health in check.



Responsible unit : Academic Service Center, Faculty of Sports Science, Chulalongkorn University

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