

A person is shown from the chest down, wearing a dark grey t-shirt. They are holding a light brown paper bowl filled with food, including green leafy vegetables, orange-colored food, and brown rice. In their other hand, they hold a pair of wooden chopsticks with a small piece of green food on them. The background is dark blue. A large, curved, light brown shape is on the left side of the image.

COMING
SOON

你知道什麼是TDEE嗎?為什麼減重成效不佳?
要如何才能達到理想的體態?

好奇的話就在**5/31 13:00~15:00五樓研討室**解惑吧!

101 18呂健揚 26陳瑛鋒 27陶璽

31葉朱恩 33葉哲睿 36蔡新銓