Mind-Body Exercise (History)
(IDEA mind-body fitness committee, 1990)

∗ DEFINITION
  ∗ physical exercise executed with a profoundly & inwardly directed focus.

∗ FIVE CHARACTERISTICS
  ∗ inner mental focus;
  ∗ concentration on muscular movements;
  ∗ synchronization of movements with breathing patterns;
  ∗ attention to form and alignment; and,
  ∗ a belief in the “life energy,” such as Qi or Vyana, that is part of ancient Eastern disciplines.

http://www.ideafit.com/fitness-library/what-is-mind-body-exercise
Qigong History

* Ancient martial arts with roots in
  * Taoism 道 - 行氣 (Flow of qi)
  * Buddhism 释 - 坐禅 (Dhyana) Introspection
  * Confucianism 儒 - 心齋 (Minimize distraction)
  * KungFu 武 - 內功 (Internal Strength)
  * Chinese Medicine 醫 - 導引 (Guide the flow)
  * Ayurveda 阿育吠陀 - 瑜珈療法 (Yoga)

Definition (定义)

Health Qi-gong (健身気功)

- Health promotion
- Vital life energy
- Practice Strategies

A national-traditional sport combining body movement, breathing techniques and mental regulation

The General Administration of Sport in China enacted The Provisional Regulations for the Management of Health Qigong in 2000. (健身気功管理暫行辦法)
Qi (氣)

天氣 (Seasons)  +  元氣 - 父母所傳 (Genes from parents )  +  地氣 (Environment)

元氣 (Body energy)  +  神氣 (Spiritual energy)

營氣 (Digestive & cardiovascular system)  +  宗氣 (Lung function)  +  卫氣 (Immune system)

正氣 (Dynamic balance of energy)

經絡分類

12 足經
12 習別
13別絡 - (脾 x 2)
365 穴
14踝皮 (浮絡)
12 鍼筋
Mechanism

- ↓ Corticotrophin (促腎上腺皮質激素) & aldosterone (醛固酮)
- ↓ C-reactive protein (inflammation)
- ↓ Cholesterol, BP
- ↑ Adiponectin (脂聯素)
- ↑ Telomerase activity (端粒酶)
- ↓ HPA Axis activity (邊緣系統)

Parasympathetic Nervous System Activity (副交感神經系統)

Attention to Spinal Posture & Movement

- Vertical stretch
- Horizontal stretch
- Diagonal stretch
- Neck turn
- Rotations of LB & Neck
- Forward bend
- Waist twist
- Vibration in vertical direction

Eight Excellent Movements 八段錦

Use spinal movements to initiate limb movements

The Anatomy of the Autonomic Nervous System (ANS); the ANS functions to regulate the internal organs
Meridian and Baduanjin

Form

- Triple Warmer Meridian: 1
- Pericardium Meridian: 1
- Bladder Meridian: 1
- Large Intestine Meridian: 1, 2
- Small Intestine Meridian: 1
- Lung Meridian: 2, 4
- Liver Meridian: 2, 4, 7
- Ren Meridian: 3
- Stomach Meridian: 3
- Gall Bladder Meridian: 3
- Spleen Meridian: 3, 4
- Heart Meridian: 4, 5
- Kidney Meridian: 4, 6, 8
- Du Meridian: 8

Systematic Reviews

No. = 34 related to Health Qigong

Publications
### Study Subjects of Systematic Reviews

<table>
<thead>
<tr>
<th>Client</th>
<th>Outcome</th>
<th>Qigong Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wang F, et al., 2013</td>
<td>Type II Diabetes</td>
<td>Depression symptom, Anxiety, Psychological health</td>
</tr>
<tr>
<td>Huang &amp; Yeh, 2013</td>
<td>Type II Diabetes</td>
<td>Depressive symptoms</td>
</tr>
<tr>
<td>Liu, et al. 2015</td>
<td>Depressive Symptoms</td>
<td>Depression symptom</td>
</tr>
<tr>
<td>Bai, et al. 2015</td>
<td>Chronic pain</td>
<td>Perceived stress &amp; anxiety</td>
</tr>
<tr>
<td>Lee, et al 2007</td>
<td>Healthy Adults</td>
<td>QOL, mental health, immune function, vitality,</td>
</tr>
<tr>
<td>Wang, et al., 2014</td>
<td>Cancer</td>
<td>Fatigue and cortisol level</td>
</tr>
<tr>
<td>Lee, et al., 2007;</td>
<td>Hypertension, cardiovascular</td>
<td>Systolic BP (12 - 17 mmHg) Diastolic BP (8 - 10</td>
</tr>
<tr>
<td>Guo, et al., 2008;</td>
<td></td>
<td>mmHg)</td>
</tr>
<tr>
<td>Xiong et al., 2014</td>
<td>Hypertension, cardiovascular</td>
<td>Dayan Qigong (大雁養生功)</td>
</tr>
<tr>
<td>Hartley et al. 2015</td>
<td>Hypertension, cardiovascular</td>
<td>Shuxinpingxue Gong (舒心平血功)</td>
</tr>
<tr>
<td>Ding, et al., 2014;</td>
<td>Pulmonary Rehab.</td>
<td>Lung fx., physical state</td>
</tr>
<tr>
<td>Ng, et al., 2012</td>
<td>Pulmonary Rehab.</td>
<td>Dypsnea</td>
</tr>
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</table>
Clinical Implication & Application

- The reciprocal regulation mechanism of qigong which act on the hypothalamic-pituitary-adrenal (HPA) axis help to achieve a state of hemostasis with Increase in telomerase activity

- Qigong has both short-term and long-term effects in
  - Reducing fatigue (Cortisol level)
  - Improving mental health

- The suggested optimal dosage of health Qigong:
  - At least 3 days per week
  - At least 30 minutes each time
  - At least 5 weeks continuously
  - Fade away if ceased to practice at 6 months

Some Examples Local Studies
Constructions Safety Weeks
https://www.safetyweek.hk

Free download Training Video

* https://www.safetyweek.hk/web/subpage.php?mid=72&id=275