

研究五行健康操對中高齡銀髮族之影響

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### 摘要

As the elderly are faced with increasing health issues, they attempt to make their body stronger by exercising every morning and evening. They follow the "Five elementary health exercise" program. It is in accordance to Ying (negative) and Young (positive). This is considered preventive medicine and is intended to strengthen the heart, liver, spleen, lung, kidneys and in general, the entire body. It is combined with Chinese Confucianism and Taoism in Yi-Cheng scientific life cycle. It considers birth, age, illness and incorporates very simple and basic exercises according to the seasons of spring, summer, autumn and winter. It has eighteen steps. Among them are stretching arms, clapping hands, bending knees, shaking hands, moving to the left and right and moving the entire body. This research is based on in-depth interviews with fifty people and their responses since doing the exercises. They reported that it improved their general health and also their soul and spirit. They said they required less medicine and fewer doctor visits. The purpose of the research is to assist the elderly in improving their health, feeling younger and living a more energetic life.

關鍵字：Yi-Cheng science life cycle, health exercises, scientific management, elderly