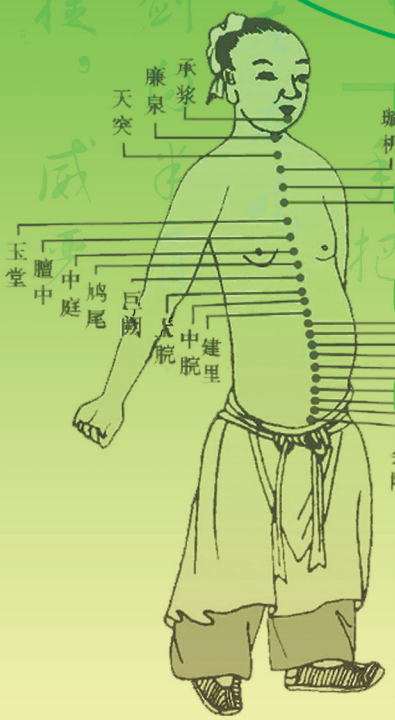
健身气功与身心健康

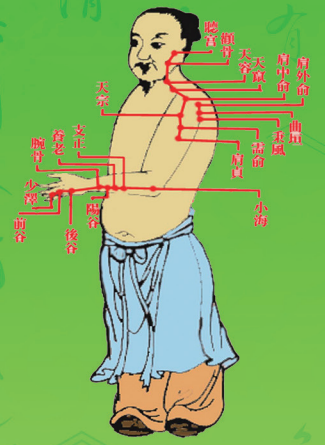
Physical and Mind Health and Chinese Health Qigong



概述

健身气功·易筋经、健身气功·五禽戏、健身气功·六字诀和健身气功·八段锦是在继承中国传统养生功法基础上，融入现代科学健身理念编创的，并进行了两年的跟踪科学测试。研究表明，坚持习练四种健身气功能够增强体质，增进心理健康，延缓智力功能衰退，提高生活质量，优化生理功能，改善血液生化指标，增强内脏及各个器官系统功能，从而使人体整体健康状态得到改善。

Based on the Chinese traditional health promotion methods and integrated with modern scientific health concept, “Health Qigong·Yi Jin Jing” , “Health Qigong·Wu Qin Xi” , “Health Qigong·Liu Zi Jue” and “Health Qigong·Ba Duan Jin” have been developed through two-year follow-up test. Studies indicate that regular practice of Health Qigong can improve physical fitness, promote mental health, delay intelligence decline, improve living quality, enhance physiological function, better blood biochemical indexes and promote the function of the internal organs, thus enhancing the health level of the body.



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气功与身心健康

增强身体素质

科学测试显示，坚持习练四种健身气功可提高锻炼者的反应速度、肌肉力量、躯体柔韧性和平衡协调能力等，改善肺活量、心率和血压等，增加骨骼的组织形态指标（骨密度）。

Enhancing Physical Qualities

The scientific tests show that Health Qigong can improve reaction speed, muscle strength, flexibility, balance and coordination ability, vital capacity, heart rate, blood pressure and bone mineral density.

增进心理健康

研究发现，坚持四种健身气功锻炼对调节习练人群的精神情绪，心理平衡，缓解焦虑和抑郁，提高注意力集中能力，保持健康的心理状态有着积极的影响。

Promoting Mental Health

The scientific tests show that Health Qigong can help adjust practitioners' spirit, emotion and mental balance, relieve anxiety and blues, focus attention and keep healthy mental state.

延缓智力功能衰退

科学测试显示，坚持四种健身气功锻炼能够改善习练者的思维反应速度、肢体灵活性、短时记忆和注意品质，起到延缓中老年人智能生理年龄及其老化程度的作用。

Delaying Intelligence Decline

The scientific tests show that Health Qigong can better practitioners' thought reaction speed, body agility, short-term memory and attention quality so that it can delay the aging of elderly people in intelligence and biological age.

提高生活质量

健康问卷调查显示，坚持四种健身气功锻炼能够改善人体的精力、心境、饮食、睡眠和记忆力等状况，提高中老年人的生活能力、增强其生活情趣、降低医疗费用，对优化人体生命活动的整体功能状态有着积极的作用。

Improving Life Quality

Questionnaire surveys show that Health Qigong can better practitioners' energy, emotion, diet, sleeping and memory, improve the living ability and sentiment of the elderly people, decrease medical expense and optimize their health status.

提高生理功能

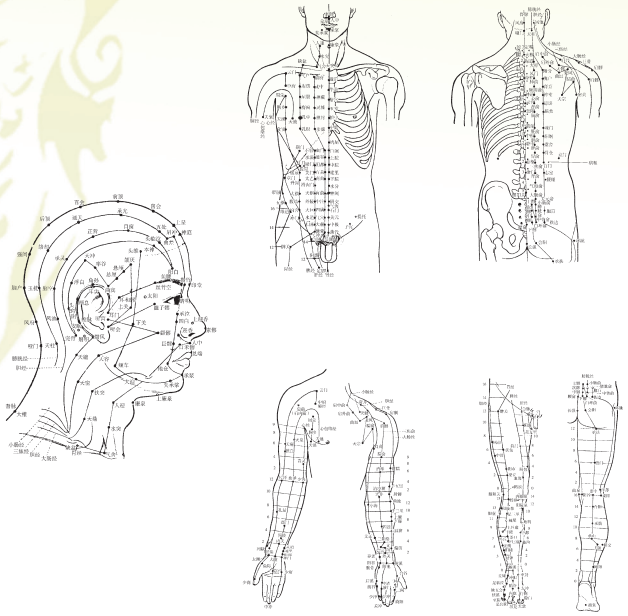
研究发现，坚持四种健身气功锻炼对于改善中老年人的脑功能，提高心脏工作能力和肺通气、换气能力，降低高血压、动脉粥样硬化等心血管系统慢性疾病的发病率等具有积极的作用。

Optimizing Physiological Function

Studies indicate that Health Qigong can improve the function of brain, heart, lung ventilation, reduce the incidence rate of chronic cardiovascular diseases, such as high pretension and atherosclerosis.

改善血液生化指标

通过对四种健身气功习练人群血液生化指标的检测发现，坚持四种健身气功锻炼对于提高机体的自然免疫能力，改善机体血脂代谢能力，提高血液载氧能力，预防心脑血管疾病的发生和发展，延缓身体机能衰老等具有积极意义。

Bettering Blood Biochemical Indexes

The testing results of the practitioners shows that Health Qigong can improve the natural immunity ability, metabolism of blood lipid, and transportation of blood oxygen, prevent cardiovascular disease, delay the aging of body function.