

"Slim Summer, Good Rhythm and Healthy"

Promote employees to exercise autonomously

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Background

In a healthy lifestyle, regular exercise is an important part. In particular, when the workplace is under pressure, regular exercise habits should be cultivated. Since 2020, the COVID-19 pandemic has ravaged the world, and group exercise is not a good choice. "Slim Summer, Good Rhythm and Healthy" employee voluntary exercise reward program encourages the development of self-regular exercise to help strengthen immunity.

Results

This activity is divided into two seasons. In the first season, there are 30 participants. This season is evaluated by the exercise time, and the exercise time is mostly 30-59 minutes; In the second quarter, 27 people participated. Experts suggested that weight and grip strength should be added to evaluate the effect. The effect was that the total exercise time was 46550 minutes, 13 people lost a total of 27.9 kg, and the grip strength of 12 people improved

Methods

The activity lasts for 6 months. Participants can draw up an exercise plan according to their exercise habits or preferences, and integrate it into their daily life, such as walking in the park, climbing stairs, etc. they can also record their exercise methods and time and upload data to Google form. During the activity, they can set up an on-line group using line app, in addition to uploading exercise photos, Participants encouraged each other to continue to develop exercise habits.

Conclusions

The content of the first season's activity is not well-designed. After 2 months of implementation, experts in the sports field will be hired to revise the original exercise time and exercise method statistics, and add nutrition, exercise, scientific and technological fitness testing and traditional Chinese medicine health care according to expert suggestions. The course not only allows participants to develop regular exercise habits, they can also choose their own exercise methods and health care methods.



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