



# Taichung

## Weight Control Class to Promote Community Health

October 25, 2013

Taichung Tzu Chi Hospital not only promotes the staff's health, patients' health, it goes out of the hospital to promote citizens' health. On Oct. 25, the "Weight Control Class" opens at the Dajian Tzu Chi Branch office and attracts 62 participants.

The class starts at every Friday for two and a half months. Taichung TC Hospital designs courses of nutrition and diet, medical information, and aerobics. On Jan. 10 2014, the last day of the class, every participant will be examined with his/her weight loss results.

Four ladies at the Health Promotion of Taichung TC Hospital, Yi-Ling Lai, Su-Ting Lee, Yi-Hwa Lui, and Lin-I Hsu brought all sorts of physical education test measures to the Dajia Tzu Chi Branch office. They were for the pre-class records.

Senior staff Ms. Lai said, "This class



The Weight Loss class members doing physical test for pre-class records.



Members stick on their goal cards to wish themselves successfully lose weight.

is to comply with Dajia Tzu Chi volunteers' request. They want us to bring the health concept and execution in our hospital to their community." So the four staff started to record the physical condition of every participant. "And after two and a half months, we 'll see their efforts and outcomes." "We wouldn't fail the volunteer sisters' wishes. To help more and more people lose weight and gain health is our duty. One person stays healthy, his/her family will be more of bless."

It's Dajia area's Tzu Chi volunteer Ms. Hsu-Hwa Wu who brought this idea. She knew that Taichung TC Hospital set up "Weight Loss program" for hospital staff.

Their community had the experience to invite the hospital to open a quit-smoking class. She thought that "this weight loss program is good for our neighborhood" so she and other volunteers started to invite participants and even to recruit an aerobic coach for the class. Then she enthusiastically expressed their needs to the hospital, even with the information that " one of the quit-smoking class member did stop smoking, but he gained four kilograms in two months". So, here it is.

In the evening of Oct. 25, the first day of the class, you could see participants of all ages, from 9 to 71, dancing and exercising with aerobic coach Yen. Then



**The eldest member 71-year-old Mr. Liao is doing aerobics.**

during the ending part, one participant's crying "Can I do this (difficult) act?" Everyone laughed by her reaction.

Ms. Chen set up a goal to lose 22 kg which made people sigh. "I have to force myself." She's gained 22 kg after she's married for these 30 years. Too busy, lack of regular exercise and maybe family trait, she just kept getting weight. This class would be a chance for her.

71-year-old Mr. Liao is the eldest in this class. He looked in good shape and healthy. Other members envied him. He said that as a farmer for 40 plus years he got used to exercise every day. But he's been through an operation because of



lung cancer last year. "I have to rehabilitate regularly after the surgery. Rehabilitate in the morning, do recycling in the afternoon, and exercise in the evening. Health is everything."