**Project #3**

Grant Category: **Development of Sport for All**  
Project title: **National Hundreds-City and Thousand-Village Health Qigong Demonstration and Exchange Series**  
Parent Organisation: **Domestic Promotion Department of Health Qigong Administrative Centre, General Administration of Sport of China**  
Project Host Nation: **China**  

**Introduction**

With the aims of promoting excellent traditional Chinese sporting culture, enhancing the harmonious development between body and mind of all individuals and meeting the various exercise needs of people in different conditions, the Health Qigong Administrative Centre of the General Administration of Sport of China and Chinese Health Qigong Association (CHQA) have sponsored an annual health qigong demonstration campaign since 2007.

**Development**

By conducting nationwide health qigong demonstrations and exchange activities, we are dedicated to creating sound Sport for All atmospheres; raising fitness awareness among citizens; promoting excellent traditional Chinese culture; and intensifying the National Fitness Campaign.

With a profound cultural background, health qigong is an exercise to adjust body functions; ensure regular breathing; and ease the mind. Based on the philosophical concept of "harmony between humans and nature", health qigong cultivates both the internal environment of the human body and its physique. Different health qigong forms have different styles, routines and extent of exercise. People can choose freely according to their own interests and physical condition. The Chinese philosophical concept of "harmony" contained in the health qigong sport enriches and promotes the Olympic ideal.

The project is designed to enhance the technical level of health qigong sport; fully display the physical and mental vigour of health qigong fans; increase the popularity of health qigong by inspiring and encouraging more people to participate in health qigong sport; and contribute to improving the fitness of the whole nation.

The extensive health qigong demonstration and exchange activities meet the multiple needs of people of different conditions; broaden the coverage of public sports services; and enhance equalisation in the delivery of public sports services. Through regular practice, health qigong fans can have lower medical costs and better interpersonal relationships by engaging in more communication among groups and embodying team spirit. The project illustrates how health qigong helps to improve physical and mental health, promotes traditional Chinese philosophy and improves the quality of civilisation and cultural construction.

The campaign is held nationwide from April to November with coverage of more than 20 provinces and autonomous regions in China. Participants from 100 cities and 1,000 counties and villages take part in local health qigong group performances, competing to be the best. It is estimated that more than 980 demonstrations with over 900,000 participants have been held since the launch of the project, which serves as a platform for health qigong fans of all ages, all ethnic groups and different social conditions to meet and share.

**Conclusion**

The Sport for All demonstration also attracts and encourages a large audience to join in. With more people engaged in physical exercise, the project helps to guarantee and improve the livelihood of people and contributes to the construction of a public sports service system.