



Welcome to **Wellness** with **Qi Gong**

PRESENTED BY

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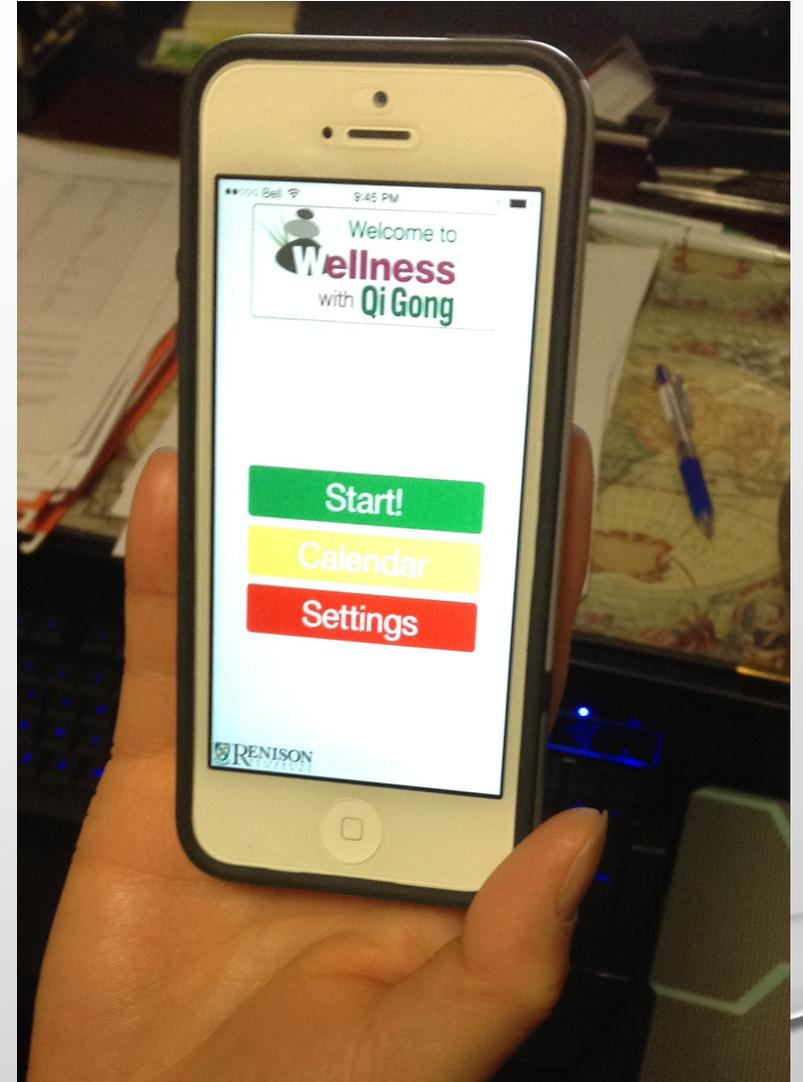
WHAT IS QI GONG?



- Chinese mind and body wellness exercise, integrating movement, posture, breathing, and awareness.
- Origin dated back to the ancient Han Dynasty (206 BC – 220 AD).
- Distinguish itself from other physical exercise with requirement for breath, mind, and harmony.

WHY MOBILE QI GONG?

- Pervasive.
- Ubiquitous.
- Install delivery and update of health information.
- Affordable and Portability.
- Novelty and gadget and display.
- Support those with special needs (wheelchair users).



BENEFITS OF QI GONG: FROM WEST

- **Benefits of exercise on the brain include increases in neurotransmitter levels, improved oxygen and nutrient delivery, and increased neurogenesis in the hippocampus.**
- **Neurogenesis means growth and development of neurons.**
- **Longitudinal studies have shown through Neuroimaging changes in brain structure and function with regular exercise.**
- **There is an increases in cerebral blood volume in the part of the hippocampus, the dentate gyrus, that is associated with verbal learning and memory improvements.**
- **Regular exercise also supports REM sleep and stress reduction which are critical for longevity of healthy brain functions.**

BENEFITS OF QI GONG: TO EAST

- Balancing the Yin and Yang



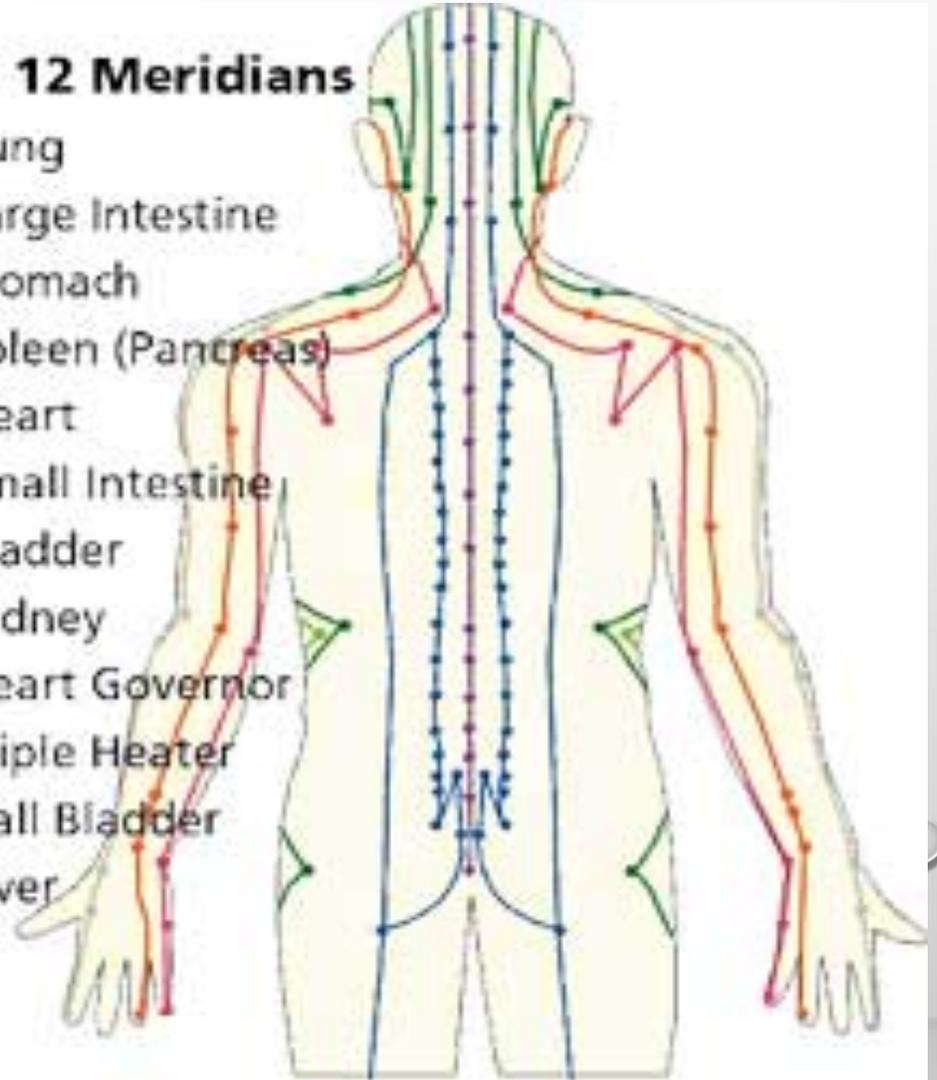
BENEFITS OF QI GONG: TO EAST

- Dredging the Meridians.
- Follows the Meridians to guide and pull Qi using the methods of pointing, pressing, clapping, and breathing, co-ordinating the body to maintain health.

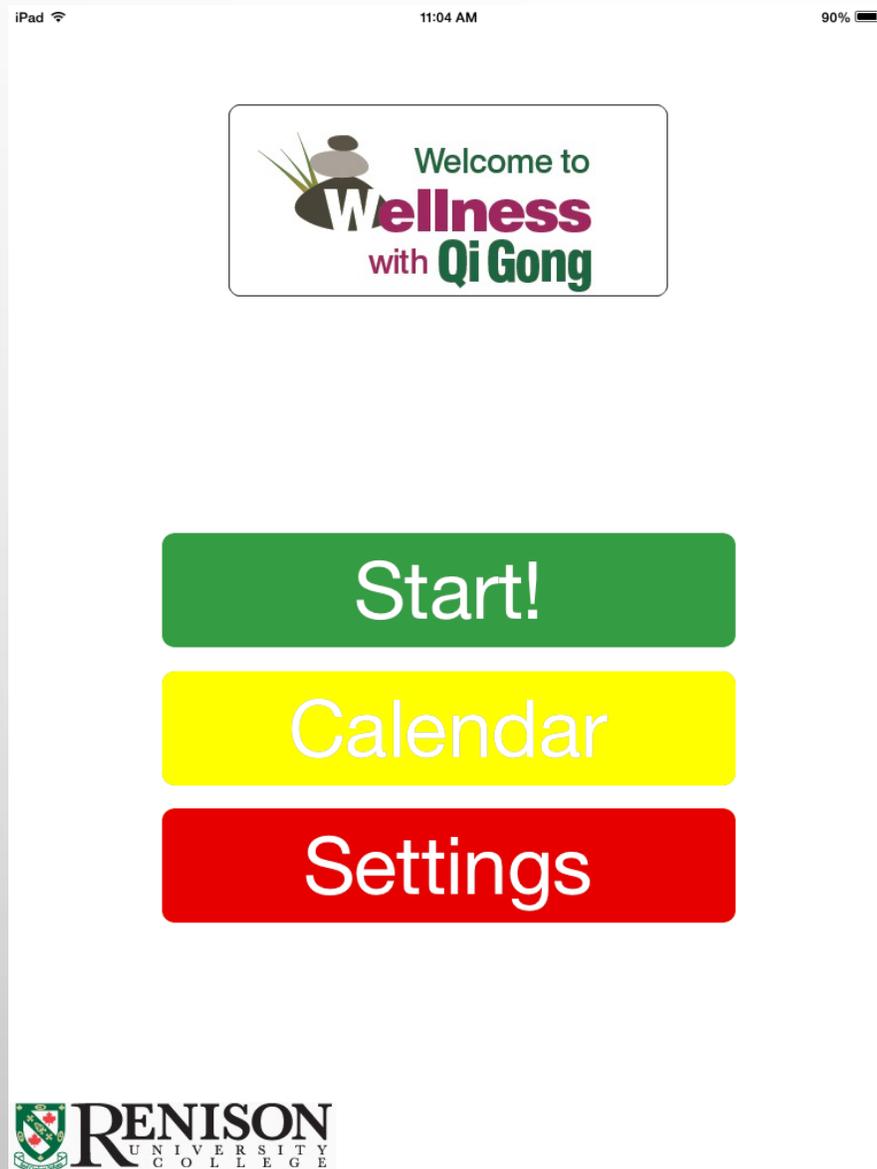


The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver

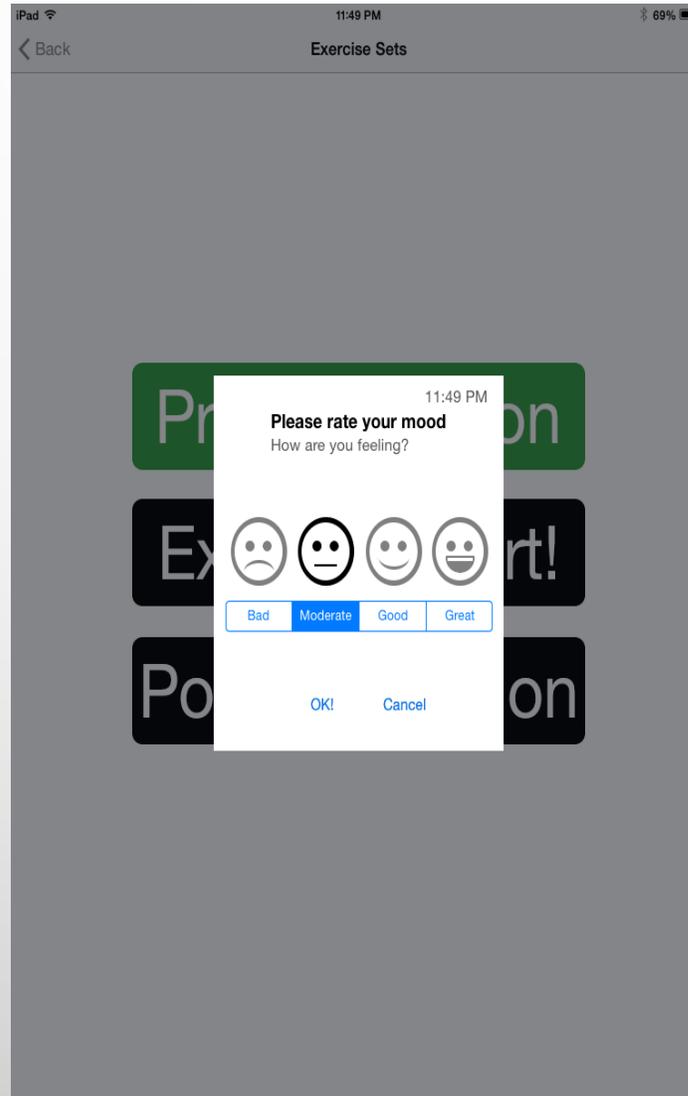
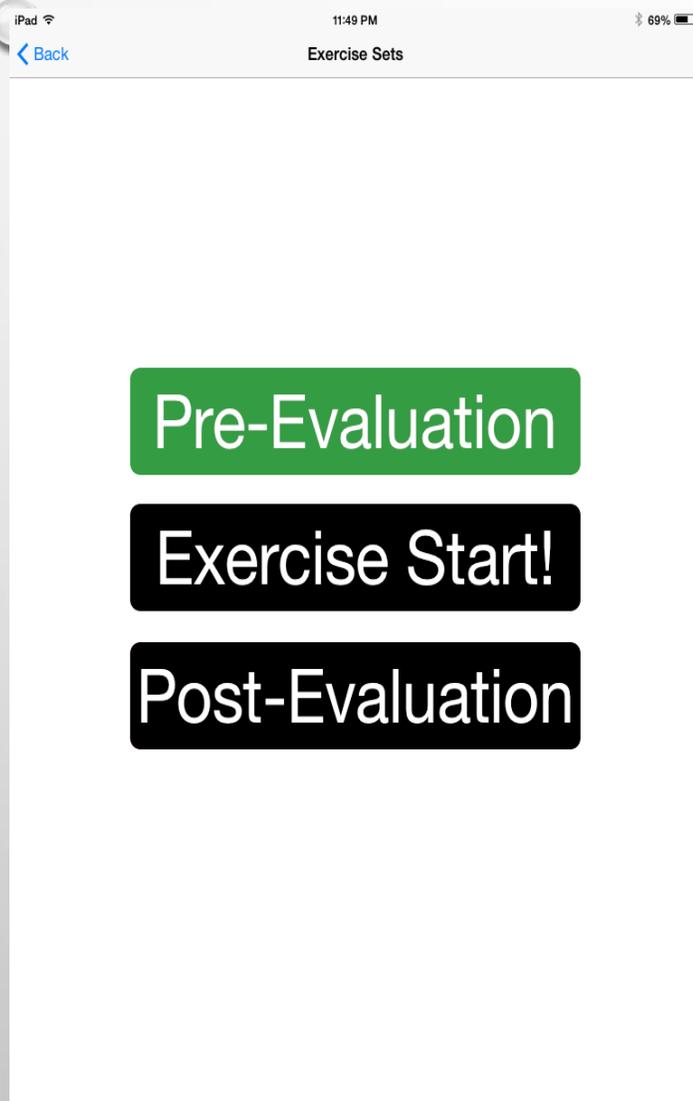


Mobile Qi Gong App



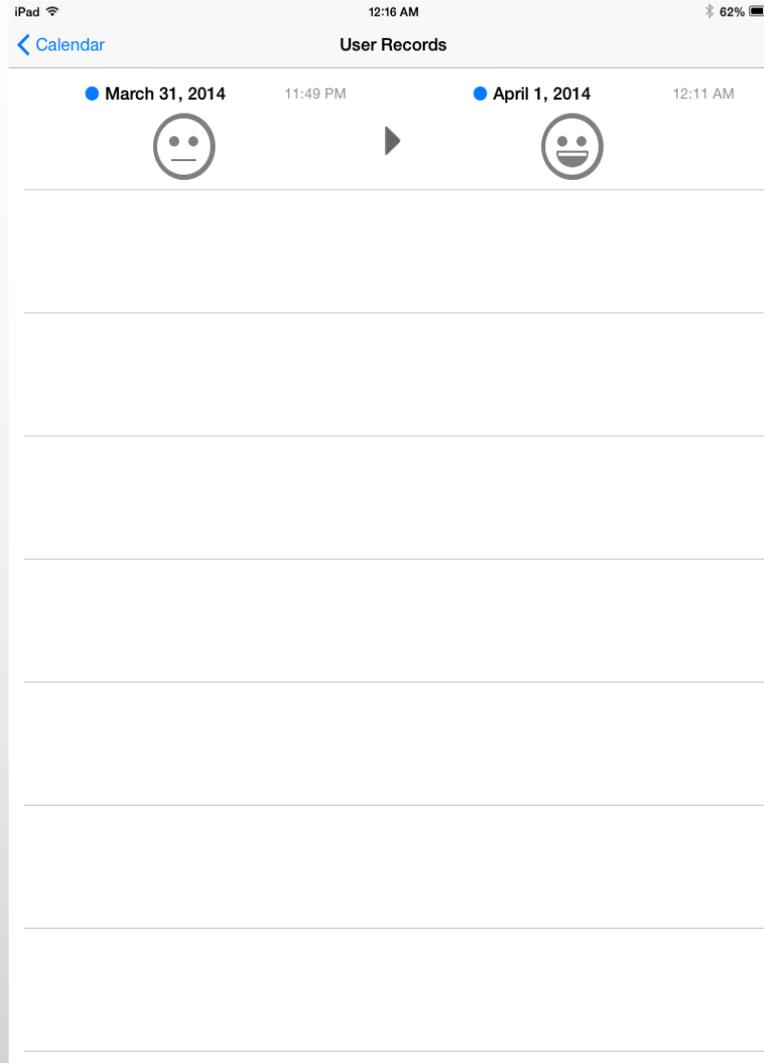
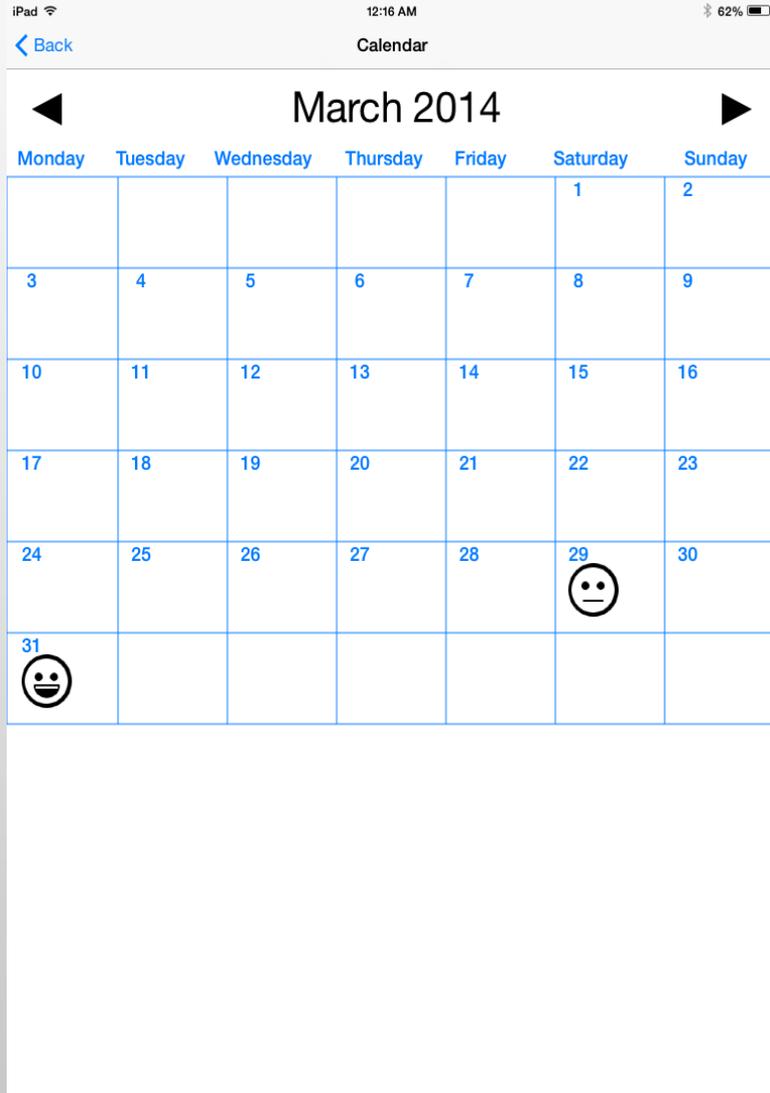
- Partnership with the Canadian Chinese Health Qigong Organization.
- Explore the use of mobile technology as a tool for delivering health and wellness information.
- Reminding and teaching of simple Qi Gong exercises that can be done anytime and anywhere.
- This application will operate under the iOS platform and run on the iPhone/iPad device.
- The first Renison mobile wellness app.
- Available at iTunes store soon for free download.

Evaluation



- Pre- and Post- evaluation to rate the mood.
- Four smiley faces to represent different moods
- The pre- and post-evaluation results are presented in the User Records

User Records



- Users will be able to track down their cumulative exercise time and mood with the calendar.

Lesson Videos

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< Exercise Sets The Eight Pieces of Brocade

0 Front View Back View

1

2

3

4

5

6

7



1. Lifting the Sky

8 Used to stimulate the “Triple Burner” in the Chinese meridian system (the Thoracic and Abdomino-Pelvic cavities). It consists of pushing the heads upwards above the head.

9

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< Exercise Sets The Eight Pieces of Brocade

0 Front View Back View

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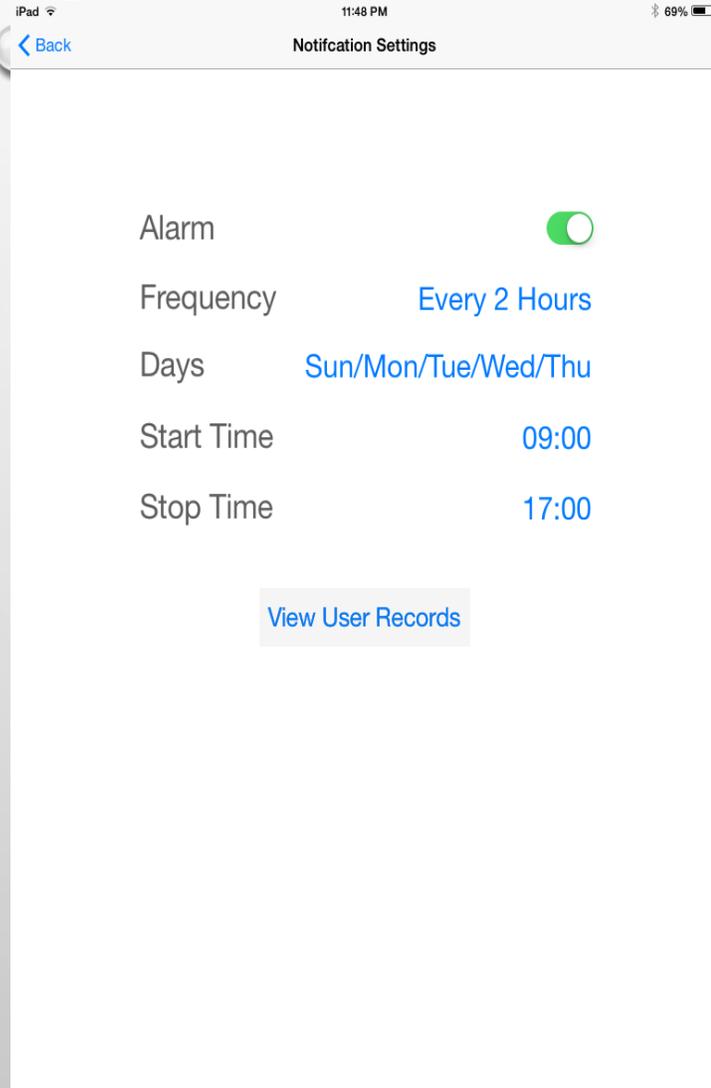
1. Lifting the Sky

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- There will be eight short exercise set available in the application, including beginning and the end.
- Users can select follow front or back view.

TOOLS



- **Reminder Tool:**
 - Using the reminder tool, user can set reminders for him/her to practice. (e.g. every hour, or every day at 9 a.m. , 12:00 p.m. and 5:p.m.)
 - This reminder tool will be integrated into the calendar function in the iOS.
- **Audio:**
 - At the beginning and end of each session, a reminder chime will sound.
 - The audio sound of the application can be switch on and off by the user.

More Information

The screenshot shows an iPad interface with a status bar at the top displaying 'iPad', signal strength, '12:13 AM', and '72%' battery. Below the status bar is a navigation bar with a blue '< Back' button and the title 'Facts'. The main content area has two tabs: 'Facts' (selected) and 'About'. The content is organized into four quadrants around a central circular logo containing the letters 'W' and 'G'. The top-left quadrant is titled 'About Qi Gong' and contains the text: 'Qi Gong is a form of traditional Chinese wellness exercise practiced for centuries.' The top-right quadrant is titled 'Health Benefits' and contains: 'Qi Gong is proven safe for older adults wanting to improve their physical and mental health.' The bottom-left quadrant is titled 'Health Benefits' and contains: 'Qi Gong has shown to improve physical strength, breathing, sense of balance, and the flexibility of joints.' The bottom-right quadrant is titled 'Health Benefits' and contains: 'Qi Gong has shown to improve mood and mental alertness as well as to reduce stress.'

Demo

“Qi gong is not exercise -- it is dynamic meditation. Doing repetitions is not the focus - it is conscious application of the three intentful corrections - lengthen the spine, deepen the breath, clear the mind or visualize healing.”

Dr. Roger Jahnke

PRACTICE MOBILE QI GONG WITH MASTER HO



<https://itunes.apple.com/us/app/mobileqigong/id858352805?ls=1&mt=8>

THANK YOU



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