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.
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

- There will be eight short exercise sets available in the application, including beginning and the end.
- Users can select follow front or back view.
**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 5:00 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 switched on and off by the user.
More Information

About Qi Gong
Qi Gong is a form of traditional Chinese wellness exercise practiced for centuries.

Health Benefits
Qi Gong is proven safe for older adults wanting to improve their physical and mental health.

Health Benefits
Qi Gong has shown to improve physical strength, breathing, sense of balance, and the flexibility of joints.

Health Benefits
Qi Gong has shown to improve mood and mental alertness as well as to reduce stress.
“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

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THANK YOU

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