DR. FLORA CHANG DEMONSTRATES THE MERITS OF WALKING

英文電子報

As a commemoration to the opening of the newly completed Shao—Mo Memorial Gymnasium, TKU has made this year "The year of Sports", and it was kicked off by a "A Ten Thousand Steps A Day Keep Doctors Away" campaign on last Thursday at 4 pm attracting over 400 faculty, staff and students to strut around the campus. Two former Olympic athletes, Chi Chen and Yang Chuang—kuang were invited, together with TKU President, Dr. Flora Chang, to open this auspicious event by circling the campus one time.

One round of the campus is circa 1.8 Kilometer long, so after a thorough warm—up led by Ms. Chen Yi—chin from the P.E. Office, 400 strong people followed Dr. Flora Chang, who dressed in a comfy track suit, a contrast to her usual business suits, to challenge their fitness. She and Ms. Chi Chen reminded everyone before the walk how important simple walking is to one's overall fitness and well—being. One does not need to be athletic nor super fit to pick up walking—it is something anyone and everyone can do easily, quipped Dr. Flora Chang. Chi Chen added that in order to see any effect, one had to walk no less than 5,000 steps per day. Sounds like a piece of cake? Perhaps for young students who were urged by the cheering onlookers to watch out for the "older" walkers.

Most people see this event and the Year of Sports positively. Any activity connected to it should promote the benefit of sports, according to the two Vice Presidents of TKU, Dr. Feng Chao Kang and Dr. Kao Po Yuan. However, many students who participated in the walking thought otherwise. They admitted that they came for the prize draw that might win them an I—Pod! (To their disappointment, it was won by a professor from the Department of Industrial Economics. There were other prizes that included step counters, socks and towels. A list of the luck winners has been posted on the intranet. If you are one of them, you can collect your prize at the Office

of P. E. by next Thursday. (~ Ying-hsueh Hu)