



Yuli

Sixteen Thousand Years Old – Daily Exercise Makes Elderly Stay Healthy

July 27, 2013.

On June 27, 2014, the town Hall was full of crowds in Yuli Township at Hualien County in the afternoon, because eleven teams enrolled “Happy Hulala” practice contest, which was organized by the Yuli Tzu Chi Hospital and the Yuli Township Health Center. The number of participants has increased by four times compared with seventy participants in 2011 held for the first time. The sum of all ages of participants was more than sixteen thousand years old.



Aboriginal tribe grandmas fully demonstrated the vitality of senior citizens and won the "Best Performance Award".

Community Mobilized and Seeds Sowed Everywhere

To help seniors in the community understand the importance of exercise and develop regular exercise habits, Yuli Tzu Chi Hospital in combination with community resources invited an avid dancing teacher to promote “Happy Hulala” healthful exercise three years ago. Every morning the sound of exercise music can be heard in every corner of the town. In order to provide the goals of exercises for the elders and to promote communication among communities and tribes, the town began to hold an “Exchange Cup”, it was well-received at the first year; after three years of hard drive, the dancing exercise is not only the



Sister Ju-Mei Chen (second from left) brought elders of Lo Ho tribe to this exercise contest.



All the elderly participants pitched in to perform for the audience who appreciated heartily.

favorite exercise choice of grandfathers and grandmothers but it is also quite popular on the campus. It is expected that the seeds of health being scattered in the whole town.

Dr. Yuh-Lin Chang, Director of the Tzu Chi Yuli Hospital, believes that the hospital's mission is to protect lives, protect health and be the guardian of love. As exercise is the best way to stay healthy, the hospital colleagues have been exercising in the hospital as well as inspiring all villagers with the sense of feeling happy and blessed.

It was required that participants created their own dancing movements but the assigned music for all teams was "Happy Hulala". In order to obtain the best results, each team went out of its way practicing to synchronize movements. The judges were amazed at the costumes which were made from recycled items.

Even though it was for "Exchange Cup", it was not a rivalries' competition; as the elderly performers were devoted to each exercise movements on stage and even praised other teams off stage.

There were many touching moments during the contest. For example, Sister Ju-Mei Chen of Lo Ho tribe was demonstrating a dancing exercise with other elders; thus, the vitality of indigenous peoples was manifested. Moreover, a grandmother named Xiu-mei Lee from San Min community was dancing diligently, in spite of her suffering from Parkinson's disease. She stated that she had felt more energetic than before with frequent exercise. She used to drag her feet on the ground but they are more agile now. Furthermore, she could perform standing long jump that surprised herself and her families.