

Background:

The pre-test of physical fitness of our staff in 2020 showed that 42.1% of the cardiorespiratory ability was average or above, 48% of muscle endurance, and 55.6% of flexibility. Therefore, we planned multiple exercise methods, and then performed physical fitness post-tests, and analyzed the results by statistical analysis. This encourages employees to practice a healthy life.

Methods:

1. Physical fitness will be tested in June and post-test in September.
2. From June to September in 2020, plan diverse activities: sports nutrition and the prevention of sports injuries lectures each one; healthy eating cum lab sessions were four; Healthy Get Fit exercise classes count 12; organizing competitions with ten thousand steps walking, stair climbing sports, happy farm use, the unit of voluntary movement, sports equipment, FB posting, weight management.



Physical fitness test: Softness



Physical fitness test: Cardiorespiratory Endurance



The unit of voluntary movement



Sports equipment



FB Post an article

多元運動拿積分	活動	積分
大成醫院 1-10樓	500下	0.5分
高安路	300下	1分
高安路	300下	1分
A路線 750M	300下	1分
B路線	300下	1分

Diversification integrals of motion



10,000 steps a day



Stair climbing sports

Results:

1. Body composition: body weight decreased by 148 people, a decrease of 57.1%; body fat decreased by 124 people; a decrease of 47.9%.
2. Cardiopulmonary ability and above accounted for 50.2 (8.1% improvement), muscle endurance accounted for 49.5% (improvement 1.5%), flexibility accounted for 58.6 (3%)

Conclusions:

According to the results of our hospital's physical fitness test, it is shown that diversified health promotion activities are effective in improving physical fitness.

Relevance to HPH:

Healthy physical fitness refers to the physical ability of ordinary people to be competent for daily work, enjoy leisure activities and effectively deal with accidental injuries. Promoting workplace health promotion can improve employee health, prevent the occurrence of chronic diseases, reduce work injuries and stress, and promote harmonious labor-management relations.