



2020年3月26日

## 关于开展全球健身气功居家练习活动倡议书

各会员协会：

2020年以来，新冠肺炎疫情正在世界范围蔓延。疫情无国界，人类命运相连。国际健身气功联合会和中国健身气功协会联合倡议如下：

积极发挥健身气功人人都能参与、不受时间、场地和环境等条件限制的项目优势，保持良好情绪，做好身心防护，积极带动亲朋好友和周边人士加入居家练功行列，吸引社会各界参加，扶正祛邪，提高免疫能力。让健身气功惠及更多人，助力全球抗击疫情；让我们更好地守望相助，共克时艰；让健身气功为全世界战胜疫情做出贡献！

期待在每日“全球健身气功时间”相见！祝各位同仁安康吉祥！



国际健身气功联合会



中国健身气功协会



**国际健身气功联合会**  
INTERNATIONAL HEALTH QIGONG FEDERATION

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## **Proposals on Practising Health Qigong at Home Globally**

March 26, 2020

Dear all Members:

The outbreak of Covid-19 has been spreading worldwide since 2020. The epidemic has no borders, but human destiny is linked closely. The International Health Qigong Federation and the Chinese Health Qigong Association jointly launched an initiative:

Please give full play to the advantages of Health Qigong that everyone can participated in and is not limited by time, venue and environment. Keep good mood and do well in physical and mental protection. Take good care of yourself, practise Health Qigong at home actively, and encourage your relatives, friends and neighbors to join the home exercise together for more people to benefit from it. Welcome to share your good experience and achievements to attract the participation of all sectors of the community and contribute to the fight against the epidemic in the world.

Looking forward to meeting you in **“Global Health Qigong Time”** every day!  
Wish all of you good health and good luck!

