



Proclamation

WHEREAS, World Tai Chi and Qigong Day is celebrated by millions each year on the last Saturday in April at 10:00 a.m. in every time zone around the world; and

WHEREAS, Tai Chi and Qigong are mind-body exercises that incorporate multiple components of physical, cognitive, and psychosocial elements in its movements and help prevent and mitigate effects of chronic diseases while also providing therapeutic and health benefits for people of all ages and fitness levels; and

WHEREAS, Qigong originated in China approximately seven thousand years ago and is a healing art that works with one's Qi, or life energy; and

WHEREAS, Tai Chi was originally created as a martial art in China over two thousand years ago and is a healing art that incorporates a series of continuous, slow, relaxed, and smooth flowing movements in which Qi is generated and circulates throughout the body; and

WHEREAS, the effectiveness of Tai Chi and Qigong has been supported by studies that show that the exercises can improve balance, flexibility, strength, posture, breathing, concentration, and well-being, and reduce pain and stress; and

WHEREAS, World Tai Chi & Qigong Day brings practitioners together, and allows people to learn more about Tai Chi and Qigong through this day of celebration and practice;

THEREFORE I, DAVID Y. IGE, Governor, and I, JOSHUA B. GREEN, Lieutenant Governor of the State of Hawai'i, do hereby proclaim April 27, 2019 as

"TAI CHI AND QIGONG DAY"

in Hawai'i and ask the people of the Aloha State to join us in recognizing the physical and mental benefits of Tai Chi and Qigong and encourage the people of Hawai'i to participate in this form of exercise to improve their health and well-being.

Done at the State Capitol, in Executive Chambers, Honolulu, State of Hawai'i, this seventeenth day of April 2019.

JOSHUA B. GREEN
Lieutenant Governor, State of Hawai'i

DAVID Y. IGE
Governor, State of Hawai'i