

Age Friendly Exercise for Elderly Inmates

In light of the increase in number and age of inmates in correctional facilities, the Agency of Corrections specially designed and planned a health exercise for the elderly, hoping that the mild exercise will give elderly inmates a brief time to move freely without any limits to place or number of inmates. Besides strengthening their bodies to keep them away from illness, it improved their mutual care and understanding, relieving them from the boredom of imprisonment with a little energy and fun.

In coordination with the health exercise for elderly inmates, a preliminary contest was arranged for teams formed by each ward, and was held in the auditorium of Zhong Ward at 2:00 P.M. on May 25th, 2017 (Thursday). The judge panel was formed by section chief Tu Tsan-Hsun of the Edification and Education Section and representatives from each section and office, carefully evaluating the 5 teams in the contest. After all, the winning team will represent Taichung Prison in the second round for Central Taiwan. Everyone gave their best on stage, and the level of effort matched the youth. Xin Ward's team "A Ba Chu Lai Mian Dui" was named the winner. Of the team's 10 members, 5 were at least 60 years old, and everyone was at least 50 years old, so they truly deserved the victory.

Of course, this event was not held for the sole purpose of naming a winner, but also to give inmates an opportunity to exercise and stretch out. Your body is your own and you need to move to live. Exercise will greatly benefit your body, and health is the only guarantee for a future once they are granted parole or discharged.



The event was successfully concluded after naming the winner. We hope that health exercise for the elderly will not only be a contest, but become a part of life to every inmate. When you exert effort for a healthy body, the time will come to reap the benefits.