The Intensity of Qigong Exercise

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Abstract

Introduction: Exercise intensity is one of the important factors affecting physical responses to training. Although Qigong exercise has been shown to have several beneficial effects, the intensity of Qigong is still unclear. The purpose of the present study was to investigate the intensity of Qigong exercise by measuring absolute energy expenditure (METs) and relative indicators.

Methods: Ten healthy sedentary female subjects aged between 50 to 60 yrs randomly performed two visits of exercise; VO_2 peak test and Qigong exercise on 3 to 4 separate days. Expired air and heart rate (HR) were recorded for 5 min at rest, throughout the test and Qigong exercise.

Results: Mean energy expenditure, HR, and VO_2 during Qigong exercise were 1.78 ± 0.20 METs, 80.1 ± 5.97 beats·min-1, and 6.2 ± 0.69 mL·kg-1 ·min-1, respectively. In addition, average %VO_2 peak, %HR max, and %VO_2R were 40.8 ± 10.2%, 48.5 ± 3.45%, and 53.8 ± 18.6, respectively.

Conclusions: The findings indicate that Qigong exercise is a very light- to predominately light-moderate-intensity exercise

Keywords: Cardiorespiratory, Energy Expenditure, Qigong