

《Chinese elderly have unique skills for fitness》



The term “elderly” often has a negative connotation to it. Images of rocking chairs and heating pads often accompany the ideas of being old. But some of those “elderly” in China who are defying the odds and keeping themselves in better shape than many people a quarter of their age. Let’s take a look at their unique skills for fitness. A 75-year-old man takes exercise on the rings in Tianjin, on August 8, 2017.



Chinese elderly Chen Long practices martial art in Jiangxi province, in August 8, 2017.