

# Guinness World Record set at National Day Celebration and Thousand-Person Stretching Exercises event (with photos)

To mark the 75th anniversary of the founding of the People's Republic of China, the Labour Department (LD) and the Occupational Safety and Health Council (OSHC) today (September 21) held the National Day Celebration and Thousand-Person Stretching Exercises event in D·PARK, Tsuen Wan, with 750 participants taking part, setting a new record for the "Largest resistance band demonstration/class" in the Guinness World Records.

Officiating and speaking at the event, the Secretary for Labour and Welfare, Mr Chris Sun, said that this event aims to raise employees' awareness of doing stretching exercises and promote occupational health. He explained that timely stretching exercises can reduce employees' muscle ache and risk of injury, improve work performance and create a healthier and more efficient work environment.

Guided by fitness instructors, 750 participants performed a 30-minute resistance band stretching exercise together during the event, setting a world record as a tribute to the motherland, and to demonstrate the unity and collective effort of the Government and various sectors in raising public awareness of occupational health.

The stretching exercise event is one of the key events celebrating the 75th anniversary of the founding of the People's Republic of China. Another highlight is a two-day occupational health carnival being held today and tomorrow (September 21 and 22) by the LD and the OSHC at the same venue. It offers a diverse range of activities, apart from a variety of performances, booth games, occupational health talks as well as photo corners. Health risk assessment stations will also be available, where registered nurses will offer complimentary health checks to enhance public awareness of occupational health.

