

Health Qigong Baduanjin Programme

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Project Overview

The project delivered a 10-week health Qigong Baduanjin programme, consisting of weekly one-hour sessions.

Participants were guided through the eight movements of Baduanjin, opening and closing postures, and full-sequence practice to consolidate learning.

Each individual session included a review of the previous movements, instruction of new techniques and group practice and feedback.

Each session was delivered in person using demonstration, posture correction and participation support.

The Need

The project responded to a clear local need for low impact, accessible, physical activity – particularly at older adults. The Baduanjin Qigong sessions were targeted at the Chinese community; the attendance figures show culturally inclusive physical activity sessions were needed.

The need for the Baduanjin Qigong sessions was identified through community engagement and feedback, public health priorities, awareness of Eastbourne ageing population.

Delivery

Location:	Eastbourne District Chinese Association, Hampden Park
Area:	Eastbourne, Hampden Park
Duration:	10-week (Jan – Mar 2026)
Session:	10 x 1 hour
Participants:	29 participants (each session ranged from 10-27 participants)
Activities:	Baduanjin Qigong

Attendance varied due to personal commitments, holidays, and health reasons, but overall engagement remained strong.

Outcomes

The planned outcomes that worked were the successful delivery of 10 sessions, where participants learned the full Baduanjin routine. These sessions increased physical activity levels among participants.

The challenges we the inconsistent attendance affected continuity for some participants. The balance of session delivery, with beginners and experience participants, this means some sessions required adaptations whilst people had time to master movements.

The challenges were managed through providing individual support, adapting the teaching pace, and recap of previous session delivered.

Unexpected Outcomes

From attending the Banduanjin Qigong sessions, participants reported unexpected outcomes:

- They started practicing independently at home
- Participants increased their awareness of health and wellbeing behaviours
- Formation of social connections
- Improved community cohesion

Success

47% (7/15) of participants reported increased activity levels and confidence in continuing exercising. This increase in activity levels, is reported by 54% of participants increasing their activity levels by 2 days or more. Not only did 14/15 participants reported improved fitness levels at the end of the project; they also reported better social connections, improved mental wellbeing, increased energy levels and better sleep.

See below for a more detailed breakdown of the success of the project.

Challenges

The key challenges during the Baduanjin Qigong included the change in attendance each week from 10 to 27 participants; the different learning speeds and experience of participants; and occasional environmental distractions (noise)

Learning

The learnings from the sessions were that the sessions became more participant centred with individual feedback and observational corrections.

Future

Although the funding has stopped the sessions are continuing with a few improvements which would be offered if we run the project again:

- Run over a longer periods
- Offer beginner/intermediate/advanced sessions
- Provide support materials for home practice

Conclusion

The attendance of the Baduanjin Qigong sessions show the strong demand for a gentle, accessible, physical activity session aimed directly at the Chinese community. These sessions show that culturally inclusive programmes can significantly increase engagement. The sessions, which also provided post session food and drink, support both physical and social wellbeing.

Category	Pre-survey (n=17)	Post (n=15)	Change / Insights	
Participants feeling active enough	76% reported they were either not active enough or unsure if they met health/activity goals	47% (7 / 15) reported improved activity levels and confidence in continuing and 33% (5/15) said about the same 20% (3/15) say they are less frequent.	Participants developed more regular exercise habits	
Benefits of the programme	40% (10 / 17) respondents were taking part in the programme to improve fitness and 28% (7 / 17) to support health conditions. <i>Participants could give multiple answers for this question.</i>	Post programme responses were 10 felt enhanced social connections / 8 felt they improved physical health and mental wellbeing / 5 increased energy levels and 4 better sleeps. <i>Participants could give multiple answers for this question.</i>	Benefits highlighted that moving more does not only have the benefit of increasing fitness but has an impact on our wider health	
No. of day exercise a week	Prior to participating in the project 44% (7 / 17) engaged in physical activity 3-4 days a week and 38% (6 / 17) 1-2 days a week.	Over 54% of participants have increased their physical activity by 2 days or more. 2 days = 4/15; 3 days 4/15; 4 days 1/15 and 5 days 1/15.	This highlights the knock-on effect of starting exercising 1 day a week.	
Additional weekly minutes	Prior to the survey, nearly half reported completing 120 minutes of physical activity	Post project 10 / 15 participants increased their weekly physical activity level by 30-59 minutes; 3/15 60-19 minutes	Clear increase in weekly activity minutes towards the target of 150 weekly minutes/	
Weekly physical activity levels	Nearly half completed under 120 minutes of activity per week	Most participants increased total physical activity by 30-119 additional minutes weekly. Most participants increased activity by 30-59 minutes.	Clear increase in overall physical activity levels	

Category	Pre-survey (n=17)	Post (n=15)	Change / Insights	
Physical fitness levels	Most described fitness as low to moderate	Almost all participants reported their fitness as better after the programme 14 / 15 with 1/15 saying it was the same	Improved self-perceived fitness and physical wellbeing	
Achievements of personal goals	Participants hoped to improve health and wellbeing	100% said the programme helped them achieve goals fully or partially – Yes, fully (10 / 15) Yes, partially (5/15)	Strong programme effectiveness	
Concerns about participation	Some concerns around injury, low fitness and confidence	Most participants reported positive experiences and no major issues	Programme was accessible and inclusive	
Programme satisfaction	Expectations and interest were generally positive before starting	Average satisfaction score 4.9 / 5	Extremely high participant satisfaction	
Likelihood to continue exercise	Some participants lacked exercise confidence before the programme	Most participants reported they were very likely to continue exercising with 12 giving a 5/5 and 2 out of 15 giving a score 4/5	Strong potential for long-term behaviour change	

Personal Journeys

Participant feedback for their personal stories, participants reported:

- Feeling healthier
- Increase confidence
- More motivation to exercise
- Greaser social connection
- Improved mental wellbeing

Confidence

- “My confidence has grown significantly”
- “Practice makes perfect”
- “Any activities that help improv my health”
- “Joining helped me feel healthier and more connected”