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全球自行車城市大會



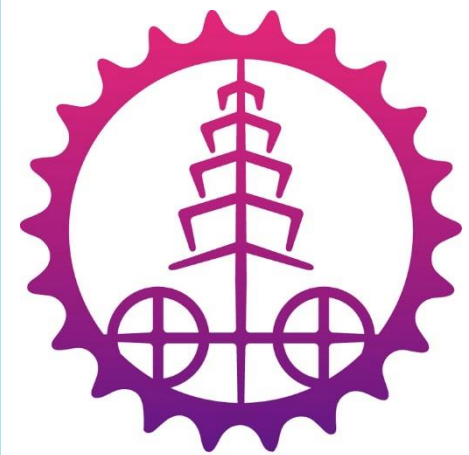
自行車社會融入

Social Inclusion: Cycling for All



生命勵樂活輔健會

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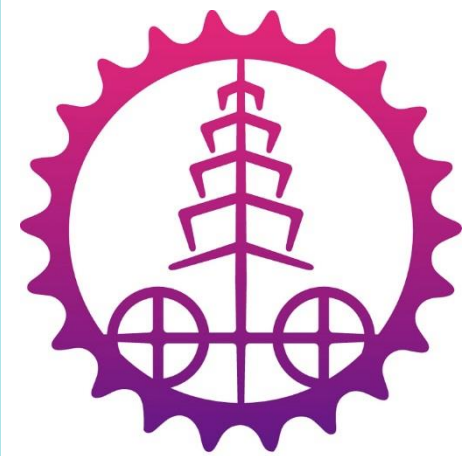
2016 全球自行車城市大會 國際論壇 Velo-City Global 2016 & international forums

自行車社會融入與關懷

**Social Inclusion and Mutual Care
through Cycling**

騎車 ♿ ，一個都不能少！

No one should be left out!



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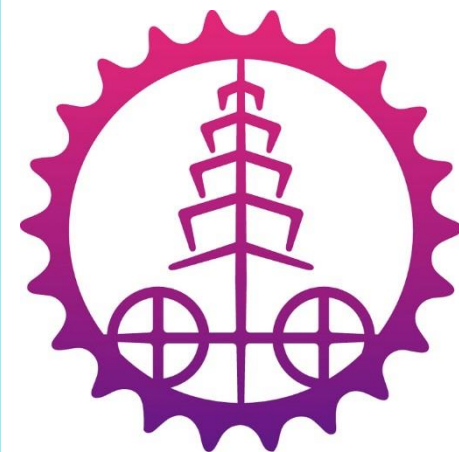
身障手搖自行車

Handcycle for The Disabled



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「全球首創、國際獨有」大台北「手搖自行車公共服務系統」帶來生活蛻變的成功典範

A Successful Model of a Life-Transforming Handcycle Public Service System in Greater Taipei that is globally pioneering and internationally unique.

主辦單位 Unit：社團法人台北生命勵樂活輔健會
(Life Vitality Association)

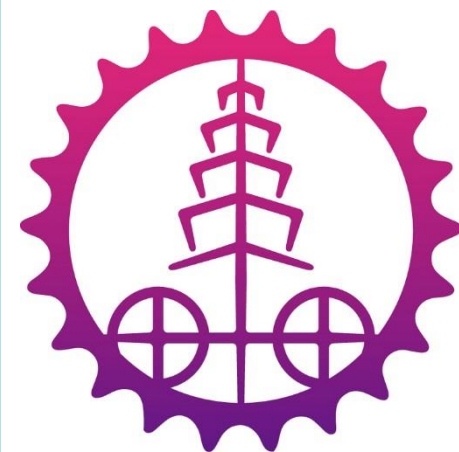
主講人 **Speaker**：陳奇峯 醫師 **Dr. Chen Chyi-Feng**

- 衛生福利部 部立桃園醫院 特殊檢查中心主任
- 生命勵樂活輔健會 理事長

Director of the Life Vitality Association

Internist at Taoyuan Hospital, Department of Health and Welfare, Taiwan.

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生活蛻變 Mobility For The Disabled

- 健康促進 Health Promotion
- 走出戶外 Outdoor Activities
- 移動樂趣 Fun of Mobility
- 親子同樂 Parental Fun
- 社會參與 Community Involvement



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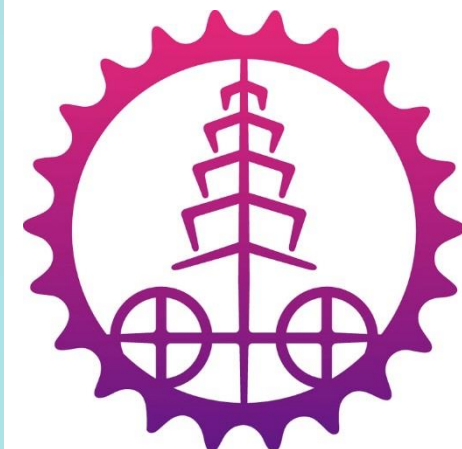


論壇主題 Title

「全球首創、國際獨有」大台北「手搖自行車公共服務系統」帶來生活蛻變的成功典範

**A Successful Model of Life-Transforming Handcycle
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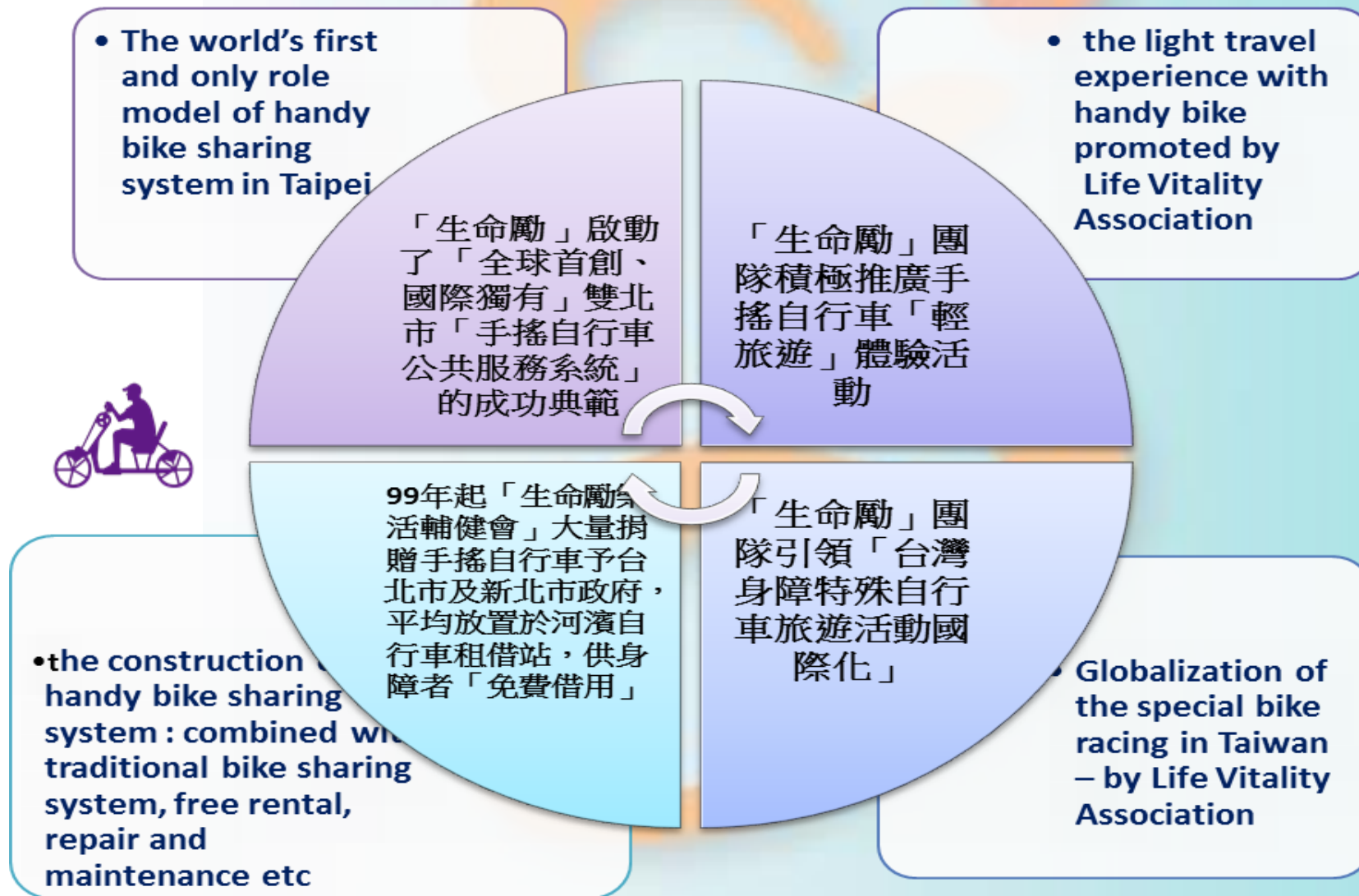


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生命勵樂活輔健會 推廣「無障礙自行車運動」的故事





次主題 Subtitle

壹. 雙北市「無障礙自行車服務系統」建置的歷史與現況

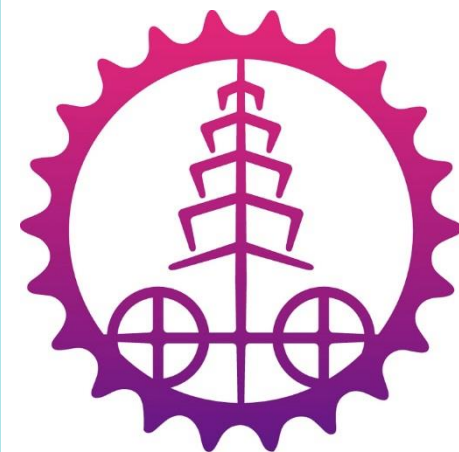
The history and current status – the construction of handy bike service system in Taipei.

貳. 手搖自行車與身障者的健康促進

Handy bike and the healthcare of the disabled.

參. 台灣身障特殊自行車運動國際化

Globalization of the special bike racing for the disabled in Taiwan.



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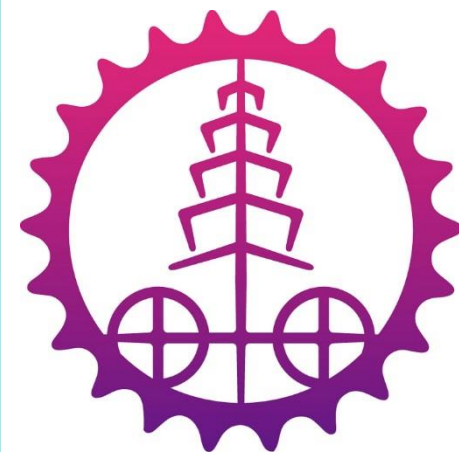
1. 手搖自行車公共服務系統的發展歷史。

the development history of handy bike sharing system



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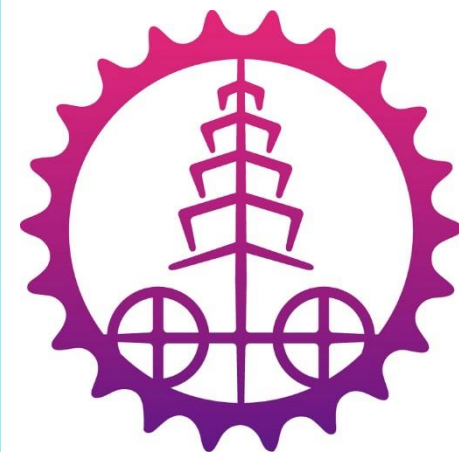
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The Life Vitality Association started the Handcycle Public Service System by donating a large number of handcycles to the government of Taipei and New Taipei Cities to be placed at the riverside bicycle rental stations for free borrowing by those with physical and mental disabilities and those over 65 years. Later, because of high demand and limited supply, the city government of Taipei and New Taipei continued to buy more handcycles by utilizing the Public Welfare Lottery Surplus Fund. Currently, Taipei City owns 105 handcycles (achieving the goal of having handcycles at all rental stations), while New Taipei City owns 60 handcycles, which are distributed across 6 rental stations at riverside parks.



基於聯合國「身心障礙者權利公約」的平權理念 (Convention on the Rights of Persons with Disabilities)

- 民國2012年起「生命勵樂活輔健會」(Life Vitality Association)透過大量捐贈手搖自行車給「台北市、新北市政府」，平均放置於「河濱公園自行車租借站」，供「身心障礙者及65歲以上長者」免費借用，啟動了全球首創、國際獨有的創新服務方式：「手搖自行車公共服務系統」。爾後因供不應求，雙北市政府運用「公益彩券盈餘基金」持續添購，目前臺北市有手搖自行車105輛(已達成每一租借站都有手搖自行車的服務目標)。新北市政府有手搖自行車60輛加入服務。同時優惠1位身障者之陪伴親友免費借用二輪自行車共騎，藉由親友協助，提升身心障礙者走出戶外，參與社會活動力。



2012/12/02 捐車給臺北市政府

Handcycles donated to the Taipei municipal government in 2012

2012/12/02 捐車給臺北市政府



Handcycles donated to the Taipei municipal government in 2012





2014/02/21 捐車給新北市政府

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Handcycles donated to the New Taipei municipal government in 2014



楊玉欣立委體驗最新款之手搖自行車1日遊

Legislator Yang Yu-xin experienced a one-day tour on the latest version of the handcycle



102年11月郝龍斌市長親臨「生命勵」，以手搖自行車，把愛搖出去。
Mayor Hau Lung-pin visited the Life Vitality Association in November 2013, and loved riding the handcycle.



103年2月朱立倫市長和「生命勵」團隊，共騎手搖自行車
Mayor Eric Chu rode the handcycle with the Life Vitality team in February 2014.



One hundred disabled handcycle riders with various disabilities from all counties and cities of Taiwan participated in the largest Barrier-free Cycling Event in the nation hosted on October 19 2014 by the Life Vitality Association whose motto is “spinning for health and cycling for love!”

2014/10/19「生命勵團隊」主辦全國最大規模之「無障礙自行車運動」，來自全台「各縣市、各障別」之100位身心障礙手搖車騎士盛大與會，轉動「健康」、輪動「愛」！



The Globally Pioneering International Handcycle Event was held in March 2015. All handcycles were transported to the Yunnan-Guizhou Plateau in China by air, and disabled handcycle athletes from the USA, Australia, and China undertook the challenge together, promoting this extraordinarily special, international barrier-free cycle rehabilitation activity.

2015年3月主辦「全球首創」之「手搖自行車國際活動」，以飛機將手搖車運至中國之雲貴高原，與美國、澳洲、中國等地區身障手搖車選手共同挑戰。達成意義非凡的國際「無障礙自行車」復健運動宣廣任務。

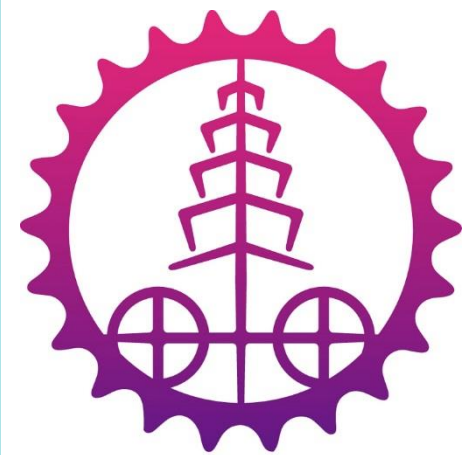
2. 手搖自行車公共服務系統的建置：與自行車租借站結合、免費借用、維修、保養等服務。

2.the construction of handy bike sharing system : combined with traditional bike sharing system, free rental, repair and maintenance etc.



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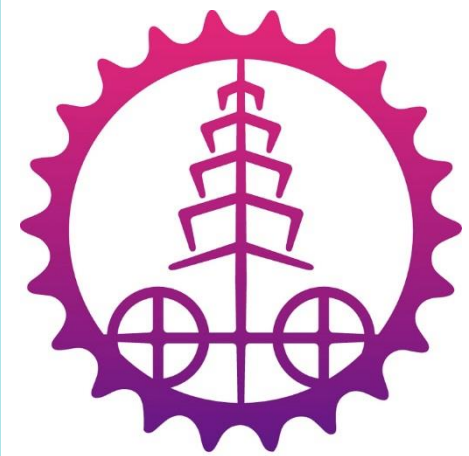
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a. Integrated with established bicycle rental stations, the handcycles are kept inside storage containers purchased by the municipal government to save on labor costs. Services are provided by the staff at the rental stations, which provide free lending, repair, and maintenance services from 8:00 AM to 8:00 PM.

b. An accompanying relative or friend of the disabled person can simultaneously borrow a regular bicycle for free; this encourages disabled people to go outdoors and to participate in social activities with the help of family or friends.

c. Please refer to “Guidelines for free handcycle borrowing in Taipei” and “Guidelines for New Taipei Cities Green landscape hand-tricycle borrowing.”



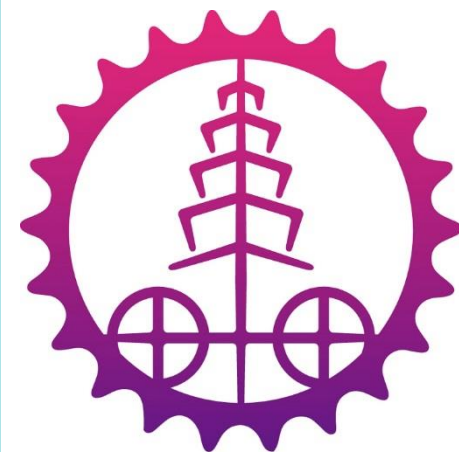
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a.與大臺北市原有的河濱自行車租借站結合，由公益團體(如生命勵團隊)募款捐車，再由市府購置貨櫃屋放置；為節省人力成本，由租借站員工合併服務，提供AM8:00-PM20:00的免費借用、維修、保養等服務。是全球首創，政府、公益社團、企業三方通力合作，打造手搖自行車公共服務系統的成功典範！

b.除「身心障礙者及65歲以上長者」可免費借用手搖車之外，同時優惠1位陪伴者免費借用2輪自行車共騎，藉由家庭或親友協助之方式，提升身心障礙者走出戶外，參與社會活動力。

c.請參見「台北市手搖自行車免費借用辦法」、「新北市綠美化園區手搖三輪自行車借用須知」



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觀山租借站

Guanshan bicycle rental station





觀山租借站Guanshan bicycle rental station



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大佳租借站 Dajia bicycle rental station

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美堤租借站 Meidi bicycle rental station

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雙溪租借站 Shuangxi bicycle rental station

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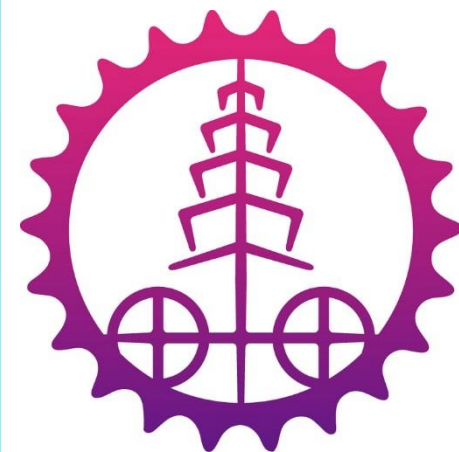
3. 手搖自行車公共服務系統周邊「無障礙環境」的營造：
無障礙環境戶外廁所、無障礙斜坡道等

**3.the building of barrier free
environment around sharing system :
toilet for the disabled, ramp for the
disabled etc.**



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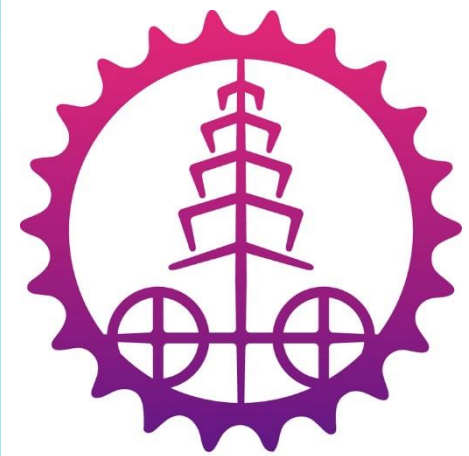
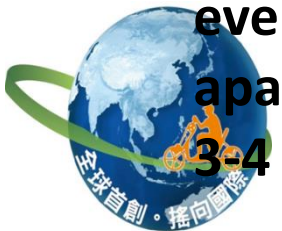
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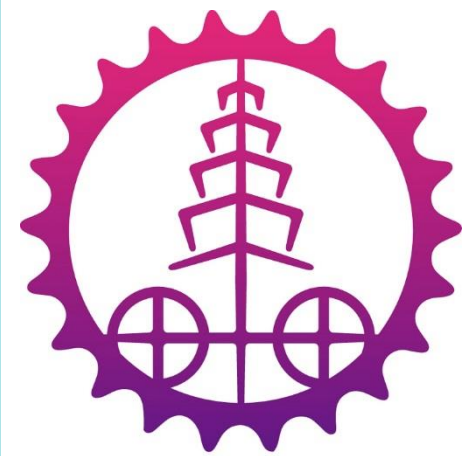


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- a. Besides the annual increase in number of public handcycles and all-day service staff availability, the construction of a “barrier-free environment” is also critical in the success of the Handcycle Public Service System. Through the hard work of the Life Vitality team and public opinion representatives, gradual improvements have been made in (1) barrier-free ramps in bicycle lanes of riverside parks, (2) elimination of obstructions in bicycle lanes of riverside parks, and (3) addition of barrier-free outdoor washrooms near bicycle lanes.
- b. In 2014, Life Vitality team chancellor, Legislator Yang Yu-xin proposed to the Taipei City Disability Rights Committee a “Joyous City” project to add and improve barrier-free washrooms at outdoor attractions. Originally, the Taipei city riverside park bike lane extended over 160 km, with only 19 barrier-free washrooms available, which were not evenly distributed. There are very few washrooms, averaging 10 km apart. After these additions, 55 washrooms will be available, averaging 3-4 km apart, to meet user needs.





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a. 除了逐年增加公用手搖自行車數量，全天候隨時服務的人員之外，周邊「無障礙環境」的營造，更是手搖自行車公共服務系統成功與否關鍵。包含(1)河濱公園自行車道的無障礙斜坡道設施，(2)河濱公園自行車道的路阻排除，(3)自行車道無障礙戶外廁所的增置，也在「生命勵」團隊結合民意代表的積極努力下，同時逐步得到改善。

b. 2014年「生命勵」團隊委託楊玉欣立法委員在「臺北市身心障礙權利委員會」提案：提出「幸福城市」專案戶外景點無障礙廁所增設及改善計劃。臺北市河濱公園自行車專用道有一百六十多公里，原先的『箱型無障礙廁所』僅19座(且分配不均勻)，數量嚴重不足，平均10公里設一處。後增設為55座，平均3-4公里設一處，符合人體需求。



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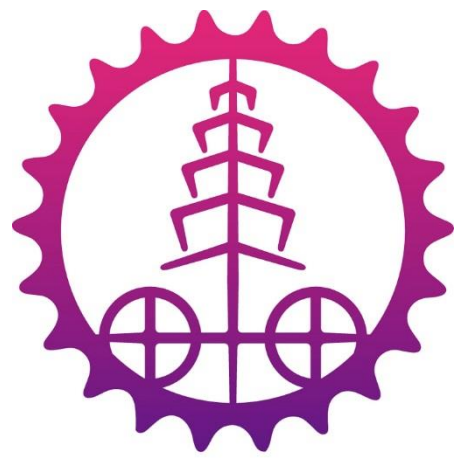
Barrier-free Washrooms

無障礙廁所



Accessible Ramps

無障礙斜坡道



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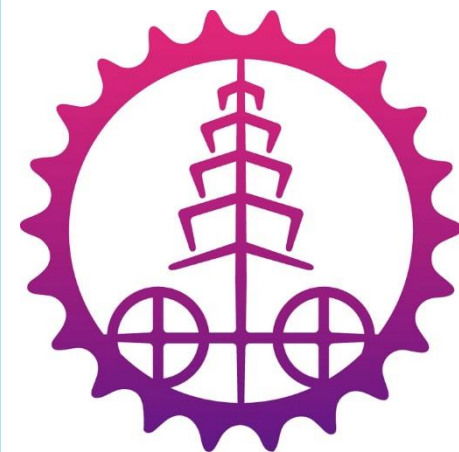
Accessible Parking Spot

身心障礙者專用停車位



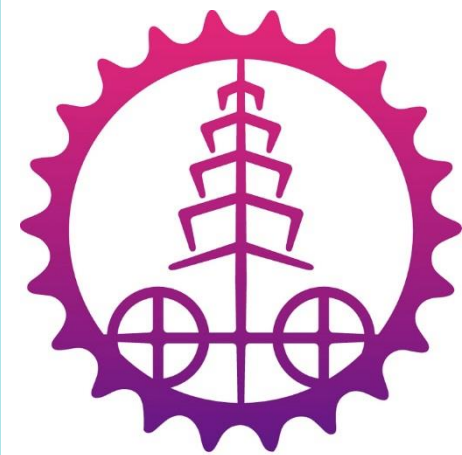
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Removal of Road Barrier

清除道路障礙



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Removal of Road Barrier

清除道路障礙



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Removal of Road Barrier

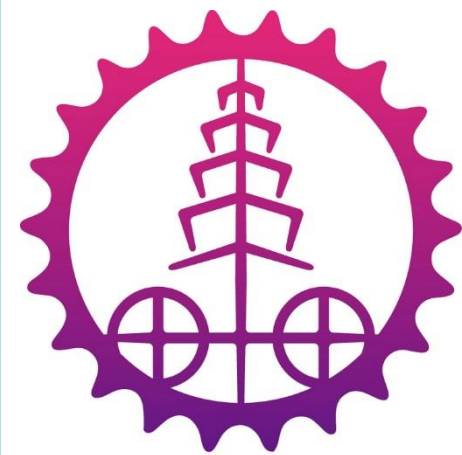


清除道路障礙

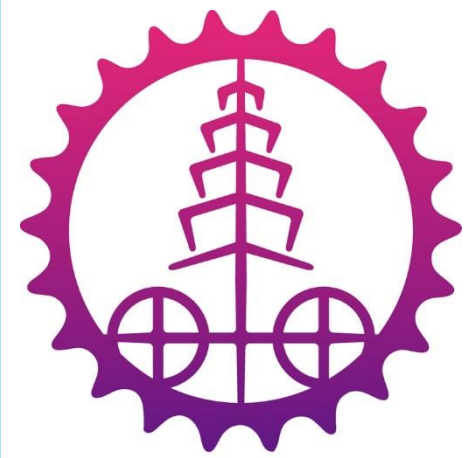


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Barrier-free Washrooms

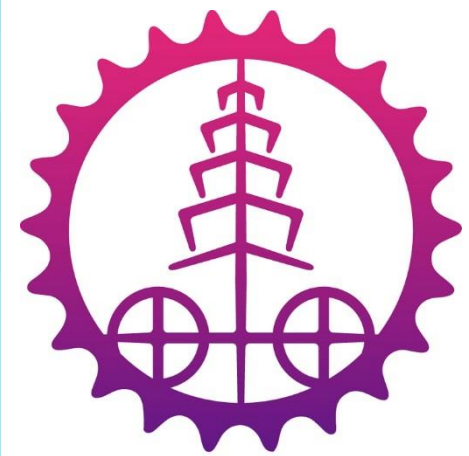
無障礙廁所



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Barrier-free Washrooms

無障礙廁所



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4. 手搖自行車公共服務系統的現況。

4. the status of special handy bike sharing system



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a. The handcycles have been borrowed over 18,000 times in Taipei City since Jan. 2012, given the easy accessibility and the beautiful scenery of the selected bicycle rental stations.

b. The handcycles have been borrowed over 6,000 times in New Taipei City since March 2014.

c. The borrowing time has been extended to 9:00 PM in Taipei City to enable the borrowers to enjoy cycling in the evening during the hot summer season.



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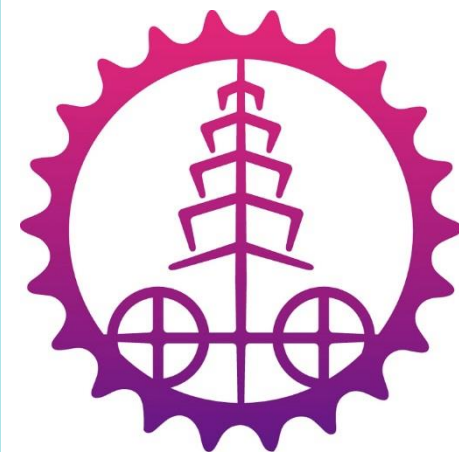


a. 由於所選擇的自行車租借站，交通便利、風景優美，臺北市自2012年11月辦理免費借用迄今借用人次超過12000人次。

b. 新北市自2014年3月辦理免費借用迄今借用人次超過4500人次。

c. 臺北市自2015年延長借用時間至PM21:00，讓借用者在炎炎夏季，享受夜

騎樂趣。



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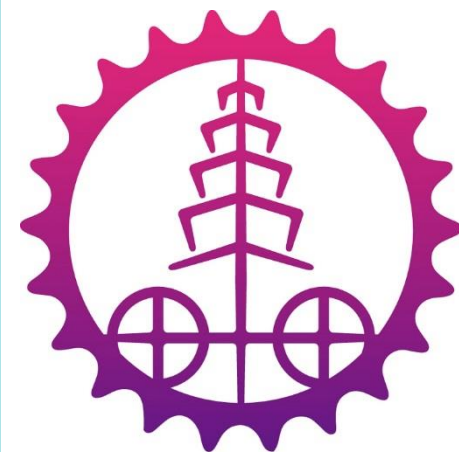


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5. 手搖自行車社團服務系統的建置與發展。

5. The establish and development of the handcycle club service system



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- **The Life Vitality Association actively organized handcycle promotion activities through community communications and media publicity to set the trend and increase demand. The largest Barrier-free cycling Event in the nation was held on October 19, 2014, and the Globally Pioneering International Handcycle Event was held in March 2015. All handcycles were transported to the Yunnan-Guizhou Plateau in China by air, and disabled handcycle athletes from the USA, Australia, and China undertook the challenge together.**
- **Apart from serving as a bridge between governments, research and development departments, manufacturers, and the disabled people, the Life Vitality Association built the Life Vitality Health Center (the first in the nation) under the viaduct in Guanshan Riverside Park to provide health management and rehabilitation services, medium and long-distance handcycle services both at home and abroad, as well as lightweight travel participation events through diversified special bicycle assistive devices.**

「Life Vitality Association」更極力辦理手搖自行車推廣活動，透過社群聯繫，媒體宣傳，蔚為風潮，提昇需求。2014/10/19主辦全國最大規模之「無障礙自行車活動」、2015年3月主辦「全球首創」之「手搖自行車國際活動」，以飛機將手搖車運至中國之雲貴高原，與美國、澳洲、中國等地區身障手搖車選手共同挑戰。

「Life Vitality Association」除了持續擔任政府、研發部門、廠商與身心障礙朋友之間溝通的橋樑，更於2011年認養『觀山河濱公園』高架橋下，設置『生命勵輔健中心』（全國首創），以多元化『特殊自行車』輔具，提供健康管理與重建服務，提供國內外之中長程手搖自行車服務及「輕旅遊」體驗活動。

- It also brought the disabled people in direct contact with nature through other activities such as canoeing and other forms of exercise, as well as tours to cultural and historical sites, traveling all over Taiwan and allowing them to be in very close contact with nature. Media frequently covered the stories of the volunteers and the disabled cyclists encouraging each other, creating magic, and realizing their dreams. Thus far, the largest handcycle club service system has been successfully established.
- In addition, the Life Vitality Association lobbied the Tourist Bureau in 2015 to set up Handcycle Public Service Systems for free borrowing at national scenic areas. We hope to achieve biological, psychological, life, and social holistic care and a health-promoting effect by using the rehabilitation method that is very enjoyable, energetic, fashionable, and green, while simultaneously broadening interpersonal relationships.

- 更結合獨木舟等其他運動，融合歷史人文、古蹟導覽，全臺鄉鎮搖透透，引領身障者以「零距離」方式親近大自然美景。過程中，志工與身障車友相互激勵、創造奇蹟、勇敢圓夢的故事，常被媒體熱情報導。至此，全國規劃最大的「手搖車社團服務系統」成功成型。
- 2015年更積極遊說觀光局，在所屬國家風景區，建置景點型「手搖車公共服務系統」，提供免費借用服務。希望以「最愉悅、最有活力」「時尚、節能」的復健運動方式，同時擴展彼此人際關係，達成「生理、心理、生活、社會」的全人關懷及健康促進效能。

觀山河濱公園『生命勵輔健中心』 Life Vitality Health Center in Guanshan Riverside Park



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建置手搖車社團服務系統

establish and develop the handcycle club service system



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手搖自行車輕旅遊 - 日月潭 light leisure and travel-Sun Moon Lake



手搖自行車輕旅遊 - 舊草嶺古道 light leisure and travel-Old Caoling Tunnel



I'm from USA, visiting Old Caoling Tunnel. 我從美國來，拜訪舊草嶺古道



火車來囉..丟丟銅
Train going...in the past...



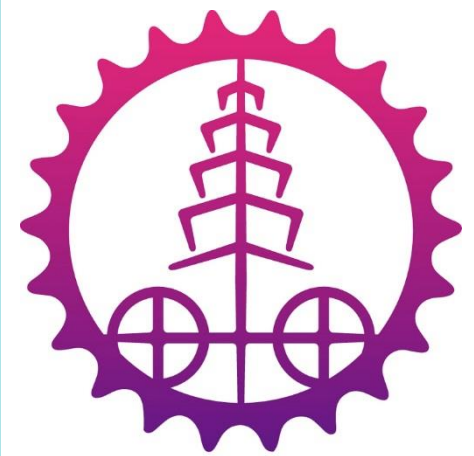


**Never give up !!
The sweat dropped
into my prosthetics.**

**親愛的~我的雙腿義肢矽
膠內滿滿汗水，倒出來
的不是美酒，是汗水！**

手搖自行車輕旅遊 - 鯉魚潭 light leisure and travel-Liyu Lake

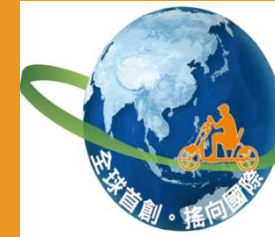




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貳.手搖自行車與身障者的健康促進
Handy bike and the healthcare of the disabled.



1. 手搖自行車運動的特色

1. Features of the movement of handcycles

- **1. Features of the movement of handcycles**
- **A. “Rehabilitation resides in exercises”:** This saying emphasizes not only the strength of the hands but also that of the waist and the abdomen. The standard handcycling posture involves leaning forward, while making rowing movements, which can reduce the waistline, increase muscular strength and endurance, enhance lung capacity, and improve cardiopulmonary functions. These movements help exercise the core muscles and improve physical fitness.
- **B. The fun of mobility:** The handcycle enables people with limited mobility move like normal people do. It helps them not only to explore the garden in front of them but also to wander along the riverside and the bikeway, enjoying the beautiful views while moving quickly and freely in a relaxed and happy mood. It is a feature unique to the handcycle that no other mobile assistive device can compete with.
- **C. Easy to learn and master:** Learning to ride the handcycle is not too technically difficult, so users can become skilled experts, experiencing a feeling of high achievement and low frustration.

1.手搖自行車運動的特色：



- A. 「寓復健於運動之中」：強調的不只是手搖，更講究腰、腹健力運動，標準姿勢是上身往前傾，做出類似划船的動作，可以有效縮減腰圍，強化肌力、肌耐力，提昇肺活量，改善心肺功能，進而達成鍛鍊核心肌群及增強體適能的效果。
- B. 「移動的樂趣」：騎上手搖自行車，行動不便者可以跟常人一樣，不只侷限於眼前的花圃，更能自由徜徉在整個河濱美景、整段自行車道，瞬間移動，來去自如，心曠神怡，這是其他行動輔具所無法媲美的。
- C. 「入門簡單、上手容易」：沒有太多技術門檻的特色，讓使用者在「高成就，低挫折」的感覺中，化身為鐵馬禦風的運動健將。

2. 生命勵樂活輔健會手搖自行車

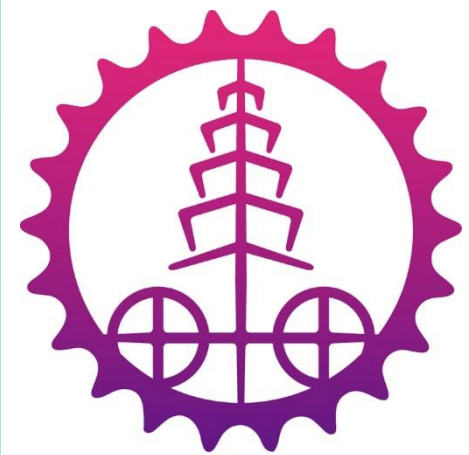
復健服務系統的介入

**2. The intervention by the Life
Vitality Association with handcycle
rehabilitation service system**



生命勵樂活輔健會

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手搖車對健康促進效果顯著—(醫學根據)

Handcycles significantly effective on Health

Promotion for The Disabled - (medical basis)



101年生命勵團隊與『臺大醫院』及CHC合作：『上肢驅動式身障自行車之生物力學研究』臨床實驗計劃

Life Vitality Association cooperated with National Taiwan University Hospital and CHC (Cycling & Health Industry R&D Center, CHC) in 2012 to perform a clinical trial program: "Bio-mechanical Analysis of the Upper Extremities During Propulsion of a Hand-Bike".

生命勵樂活輔健會

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手搖車對健康促進效果顯著—(醫學根據)

Handcycles significantly effective on Health Promotion for The Disabled - (medical basis)



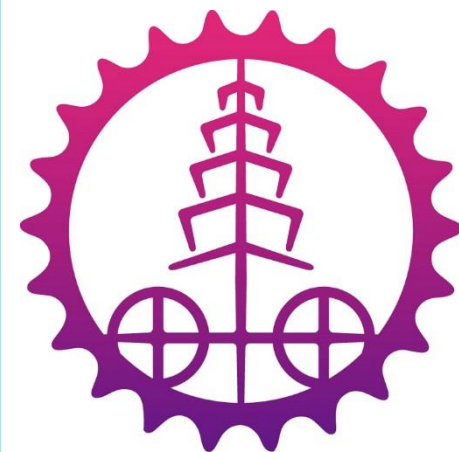
101年生命勵團隊與『臺大醫院』及CHC合作：『上肢驅動式身障自行車之生物力學研究』臨床實驗計劃

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- **A. A series of easy-to-understand physical fitness activities: Instructions were given for complete warm-up exercises and conclusion exercises, as well as basic joint exercises and stretching exercises, which could effectively prevent sports injuries and improve exercise performance. Emphasis was placed on exercising the core muscles, which could enhance the stability of the spine, improve the overall sense of balance, heal spinal muscles, prevent back pain, and help maintain the health of the gastrointestinal system and the urogenital system by improving the strength of the waist and abdominal muscles.**
- **B. Training courses for the “beginner, intermediate, and advanced stages”:** We encouraged people with limited mobility by saying that if they were willing to take the first step, they could easily pursue physical and mental health and enjoy the joy of mobility. Gradually, we encouraged the participants to develop a mild and regular fitness habit and barrier-free handcycle rehabilitation activities, thereby fully achieving the goal of “public health for everyone” via the energy-saving, carbon-free fitness trend—handcycling.

A. 深入淺出的系列體適能活動：教導完整的暖身操、收身操，傳授基礎的關節運動、伸展運動，可以有效避免運動傷害及提昇運動效能。強調核心肌群的鍛鍊，除了能強化脊椎穩定度、改善整體平衡感，療癒脊柱肌群、防治腰酸背痛疾病，也能透過腰腹肌群力量的提昇，有益腸胃系統、泌尿生殖系統的保健。

B. 「初階、進階、高階」研習課程：鼓勵行動不便者，只要願意跨出第一步，就能輕鬆追求身心健康、享受移動的樂趣；循序漸進，培養溫和、規律的健身習慣及無障礙自行車復健活動，讓自行車的節能、無碳、健身風氣，真正落實『全民健康無分界』的目標。



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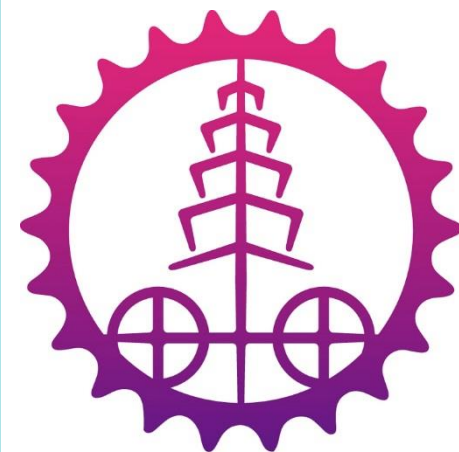


一滴滴的汗水，匯集成『不服輸的精神』！
Drop by drop, the sweat transforms into an unyielding spirit!

- **C. Arrangement and plan for light leisure and travel: We encouraged social participation and expansion of interpersonal relationships for the purpose of stress reduction and promoting happiness.**
- **D. Promotion of “handcycles and health management for the disabled”:** We strengthened the individual case management service to first understand the “health and disabilities” in each case. Based on the features of each case, we chose different “special cycles” and planned the training intensity and progress schedule. We evaluated health improvement before and after the study through interviews, observations, and measurements of cycling duration and distance. Practical observations revealed numerous cases of improved chronic constipation, reduced waistline, remission of metabolic syndrome, and decreased physical sprain.

C. 輕休閒、輕旅遊的安排與規劃：增強社會參與、擴展人際關係，進而達成舒壓、樂活的效果。

D. 推動「手搖自行車與身障者的健康管理」：強化個案管理服務，先就個案的『健康狀況暨障礙狀況』進行了解，針對個案不同型態，選擇不同『特殊自行車』，規劃訓練強度與進程；透過訪談與觀察、練騎次數及騎乘公里數記錄，進行研習前、後健康改善狀況的檢測。實際觀察發現，習慣性便秘獲得改善、腰圍有效縮減、代謝症候群緩解、肢體扭傷情況減少等，屢見不鮮。



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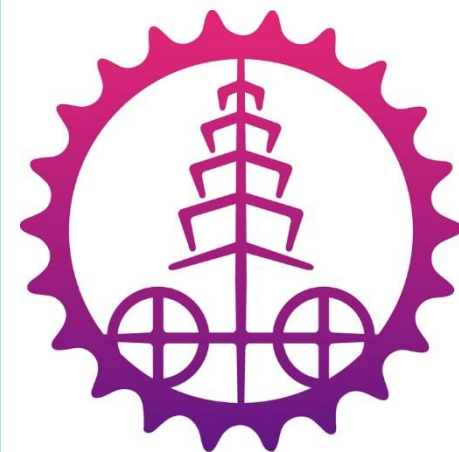
生命勵樂活輔健會 health  bike ● life

我的朋友，小卉，苦於脊椎側彎，很久沒有到戶外運動，第一次騎著手力車好開心，雖然陽光下汗水淋漓，但仍不願放棄在自行車道上，與風同行的機會。
Xiao Hui, my friend, has scoliosis and has not been outdoors in a long time. She was so happy when she rode the handcycle for the first time. Even though she was soaked with perspiration under the sun, she refused to give up the chance of traveling with the wind on the bikeway.

- **E. Conducting “satisfaction surveys”:** We gathered suggestions and comments as the basis for adjusting case services and updating designs for new activities.
- **F. Linking with professional medical consultation websites:** Through the medical transfer system, we provided integrative support and suggestions by tracking health indicators, applying effective exercise treatment interventions, and suggesting methods for sports injury prevention and treatment. Many examples established that such a type of exercise could improve physical fitness, strengthen the body, and achieve the goal of overall health promotion and management, thereby delaying health decline and deterioration, avoiding the risks of chronic diseases and promoting a healthy, happy life. In the long term, it could reduce the burden of health care and the pressure of long-term care.

E. 運用『滿意度調查』：彙整建議及意見，做為調整個案服務及更新活動設計的依據。

F. 聯結專業醫療諮詢網絡：藉由「醫療轉銜」體系，針對健康指標之系列追蹤、運動醫療之有效介入，及運動傷害之防範與療癒，進行整合性的支持與建議。許多實例驗證，藉由此項運動參與，可以改善體質、強健體魄，達成整體健康促進與健康管理的目標，進而延緩衰退惡化，遠離慢性病危機，健康樂活。長遠來說，更能減少健保的負擔與降低長期照護的壓力。

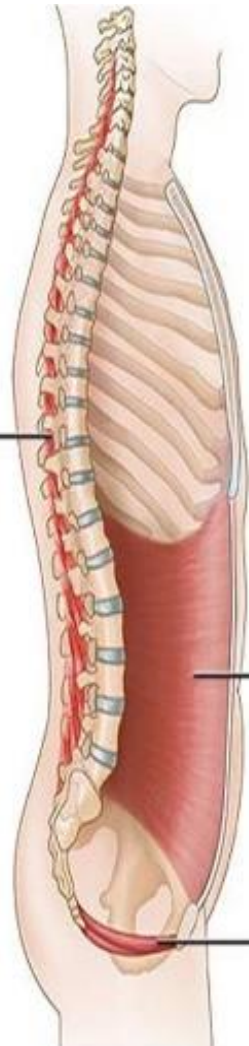


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多裂肌

Multifidus



腹橫肌

Transversus abdominis

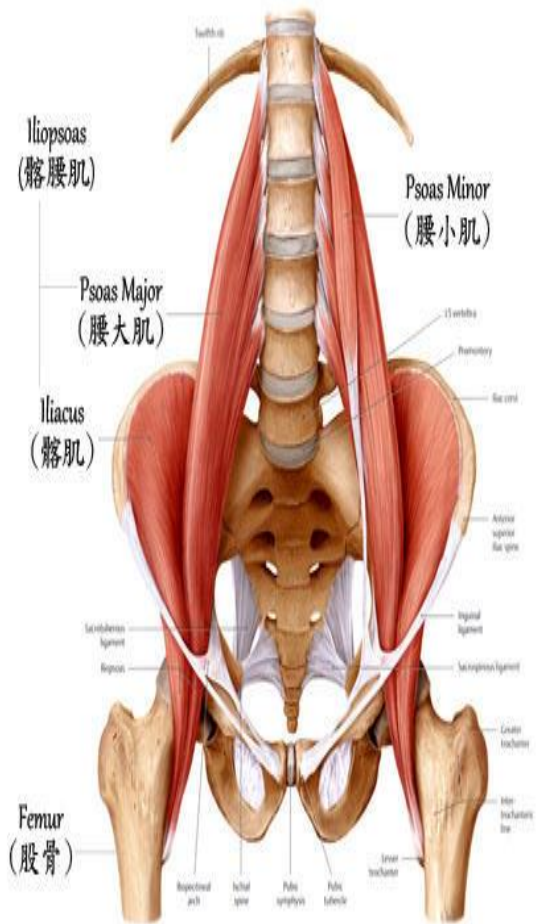
骨盆底肌

Muscles of pelvic floor



核心肌肉

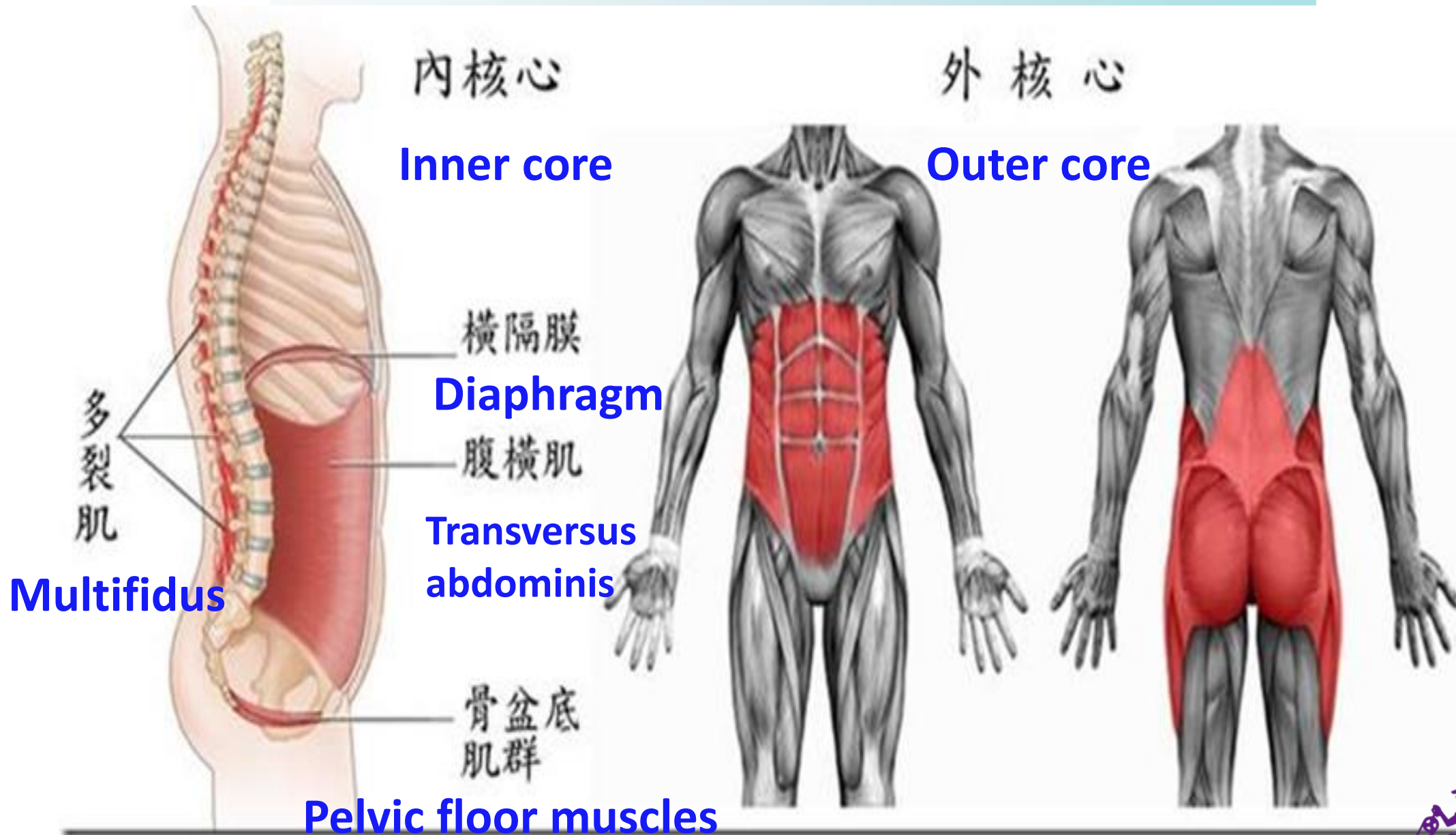
Core Muscle



生命勵樂活輔健會

health  bike ● life



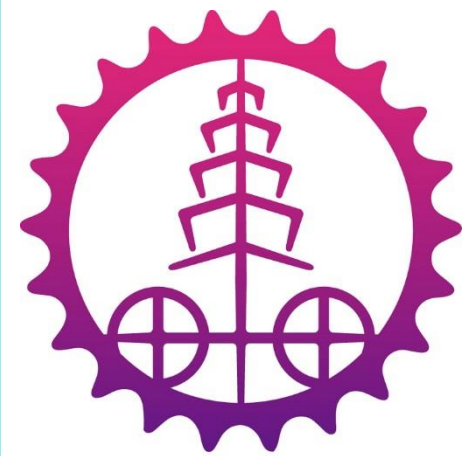




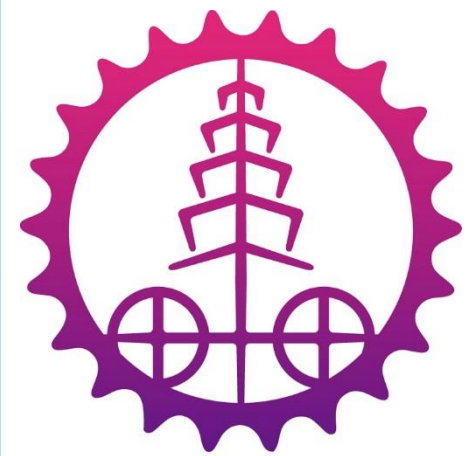
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- The core muscles are very important to the human body, as they are central to the torso and responsible for protecting the vertebrae. The core muscles can maintain stability of the torso center, provide supportive force, and disperse the weight load on the vertebrae.
- If the vertebrae are akin to the center pole of a tent, the core muscles are the cables holding it in place. When the cables are loose, the pole becomes shaky and the tent unstable; when the cables are tightened, the pole becomes stably fixed to the center, supporting the entire tent. This is akin to the torso being stably supported by the vertebrae.



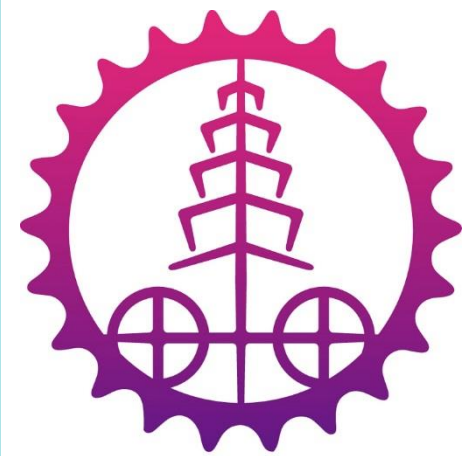
- ◆ 「核心肌群」是人體非常重要的肌肉群！因為它們是位於人體軀幹中央、負責保護脊椎的肌肉群。核心肌群可以維持人體軀幹中心的穩定，提供脊椎足夠的支撐力，分散脊柱所承受的負擔。
- ◆ 你可以把脊椎想像成支撐帳棚的那根中心柱子，核心肌群則是固定它的鋼索，如果鋼索鬆弛，柱子就會搖來晃去，帳棚也會鬆垮垮的；如果鋼索夠緊，柱子就會穩穩地固定在中央，帳棚也會緊緊地被撐住，就像身體軀幹被穩穩地支撐一樣。



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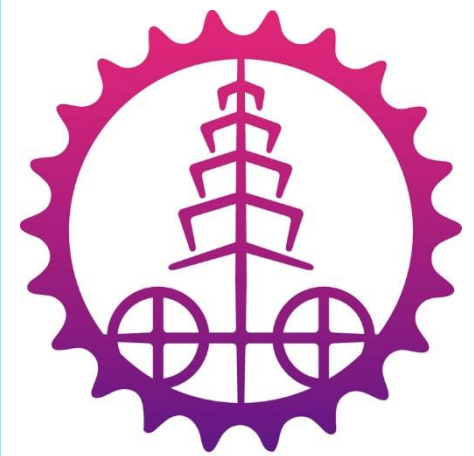
- Fortunately, the core muscles can be strengthened through exercise. When the core muscles are properly functioning, our vertebrae are protected. In this manner, the vertebrae are maintained in position during exercise or daily chores such as bending, mopping, and weight-lifting. Under these conditions, the vertebrae will not recruit tissues that can cause back pain, and the pressure on intervertebral discs is reduced.
- Therefore, we can label the core muscles as “the body’s natural armor,” which is precisely controlled by the brain and acts as an important safeguard in supporting and protecting the vertebrae.



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- ◆所幸的是，核心肌群是可以鍛鍊的。當核心肌群運作正常，就能隨時保護我們的脊椎，使我們不論運動，或在日常生活彎腰、拖地、抬重物時，都能維持脊椎不移動、不滑動，不會去牽扯那些引發背痛的組織，也可以減少椎間盤的壓力。
- ◆因此，我們可以稱核心肌群為「人體的天然鐵衣」，這件鐵衣受到大腦精巧的控制，是支撐並保護脊柱的重要防護罩！



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現在每周固定練騎二次，身體變的結實，精神也變的更好！ Now she regularly rides twice a week, and she has become stronger and more energetic!



還有阿林，因需拄拐杖行走，常滑倒，也越來越不敢活動，但在手力車上，他重新啟動熱忱、啟動自信。 And then there is Alin. He requires crutches for walking and slips a lot; so he grew afraid to moving around, but by riding the handcycle, he got his passion and confidence back.



我們都有一個感受，好驚訝，『手力車』讓我們發現了『全新的自我』，原來我們『沒有那麼孱弱』……

We all feel astonished. The handcycle has helped us discover a “new us.” It turns out, we are not so frail!



原來我們尚有『追求健身』『親近陽光』的機會！

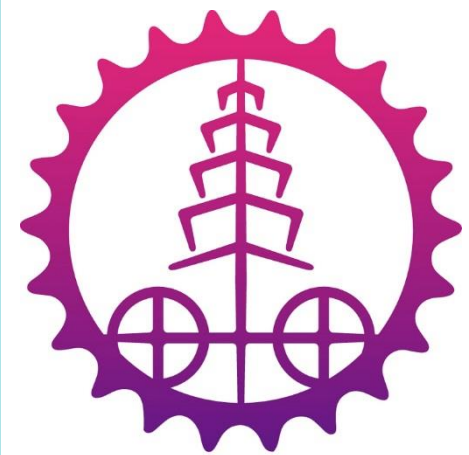
It turns out that we still have a chance to pursue fitness and soak in the sunlight!

參. 台灣身障特殊自行車運動國際化

Globalization of the special bike racing for the disabled in Taiwan

1. 「生命勵」團隊所推動的「台灣身障特殊自行車運動國際化」

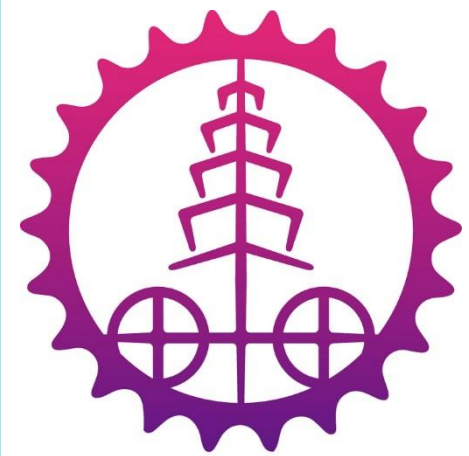
1. Globalization of the special bike racing in Taiwan – by life vitality association



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- a. In addition to the comprehensive promotion of the handcycle movement via the “Greater Taipei Handcycle Public Service System” at bike lanes in riverside parks, the Life Vitality Association also held the Globally Pioneering International Handcycle Event in March 2015, named “Yunnan Cycling Miracle, Dragon Vitality.” The country’s self-developed, “most advanced and most sophisticated” shift-gear handcycles were transported to the Yunnan-Guizhou Plateau in China by air, and disabled handcycle athletes from the USA, China, and other regions rode together around Erhai Lake, to achieve the mission of this most attractive and healthy international athletic promotion.
- b. The movement was invited by the Disability Association of Fujian Province (China) to again undertake the challenge of traveling 1000 km from Fuzhou to Shanghai, in the “Strait of Two Banks International Handcycle Movement,” in 2016.

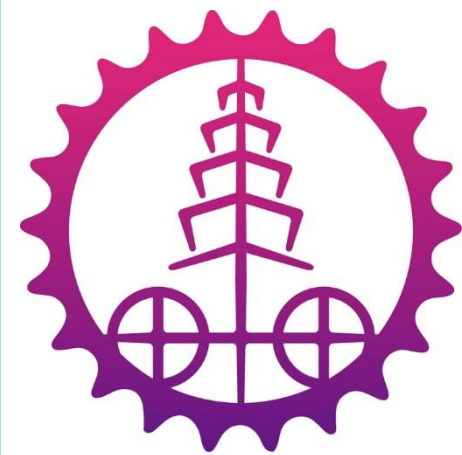


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a. 手搖自行車運動除了在河濱公園自行車道全面推展「雙北市」「手搖自行車公共服務系統」以外，「生命勵樂活輔健會」更於2015年3月主辦全球首創之國際手搖自行車活動『雲南騎跡、龍躍生命力』，以飛機將我國自行研製「最先進、最精良」的變速科技手搖車運送至大陸，挑戰雲貴高原，並與美國、大陸等地區身障選手共同環繞「洱海」，達成最美、最健康的國際體育宣廣任務。帶領台灣手搖車運動飛躍海外，搖向國際。

b. 2016年再度受中國福建省肢殘協會的邀請，前往挑戰「福州到上海」1000公里之「海峽兩岸手搖車國際活動」。

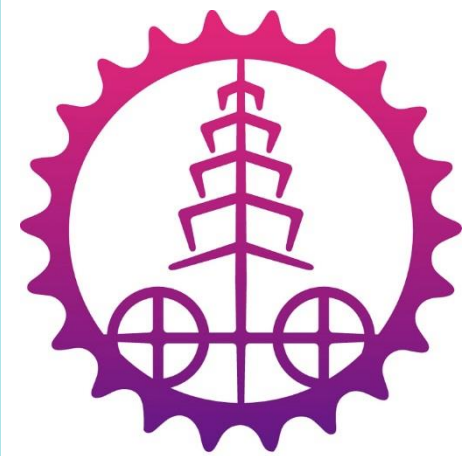


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c. Respond to the invitation of the Bicycle Association of Japan to collaborate in 2016, and undertake the challenge of handcycling around Lake Biwa and Seto inland sea. Continue to promote the Taiwanese handcycling revitalization movement internationally.

d. Internationally-renowned Pacific Bicycle Company Limited was inspired by the mix of bicycle technology, culture, and passion to release energy, and decided to define “art and infinity” by displaying handy-bike No. 13260015, used in the Yunnan-Guizhou Plateau and Erhai Lake challenges, in the Museum for Bicycles. The handy-bike was formally named “Vitalia,” officially creating a touching addition to the history of bicycles.

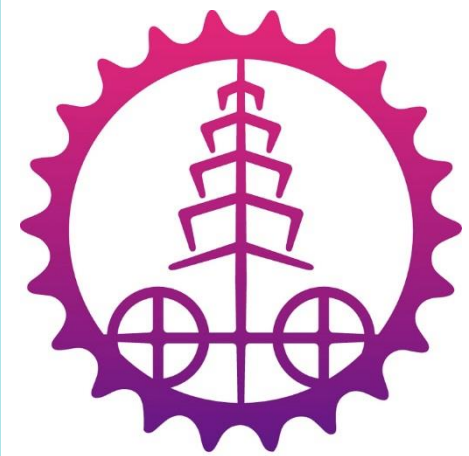


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c. 更進一步接獲日本自行車協會聯盟邀請於2016年度組團，前往日本以手搖車挑戰「琵琶湖及瀨戶內海」。持續推動台灣手搖車復健運動國際化。

d. 國際知名的「太平洋自行車股份有限公司」感動於「自行車科技加上人文熱情；才會散發出"生命力"，成為藝術及永恆」，決定收藏參與挑戰雲貴高原、征服洱海的" handy-bike手搖自行車"(編號13260015)於自行車博物館。並即日起將該款手搖自行車正式命名為「生命力」英文「Vitalia」。正式為自行車歷史寫下感人的一頁。



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生命勵團隊引領「台灣身障特殊自行車旅遊活動國際化」
The Life Vitality Association team leads the internationalization of
the special bicycle travel event for the disabled in Taiwan.



生命勵團隊於104年3月31日，完成全球首創之國際手搖自行車交流活動『雲南騎跡、龍躍生命力』。以飛機將我國自行研製「最先進、最精良」的24段變速特殊手搖自行車運送到大陸，與美國、大陸等地區身障手搖車選手交流，達成最美、最健康的國際體育宣廣任務。

挑戰自行車選手心中嚮往的聖地—海拔2000多公尺的『雲貴高原』及『洱海』，勇敢圓夢！

The Globally Pioneering International Handcycle Event was held in March 2015. All handcycles were transported to the Yunnan-Guizhou Plateau in China by air, and disabled handcycle athletes from the USA, and China undertook the challenge together, promoting this extraordinarily special, international barrier-free cycle rehabilitation activity.



挑戰雲貴高原、親臨銀蒼玉洱一大奇觀：

潔白無瑕的蒼山雪倒映在洱海中，與冰清玉潔的洱海月交相輝映。

Handcycling on the Yunnan-Guizhou Plateau in China





extremely grateful
to China Eastern
Airline 感恩:東方航
空公司動員40多人,
給予最高規格的禮遇
及接待!





We are welcome to
visit China Mainland
沿途大陸同胞熱情接待，要求
合影



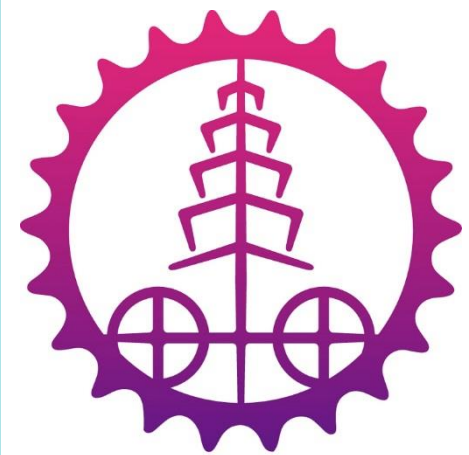
2. 積極參與全球自行車城市大會活動及國際論壇

Actively participate in Velo
City Global 2016 &
international forums



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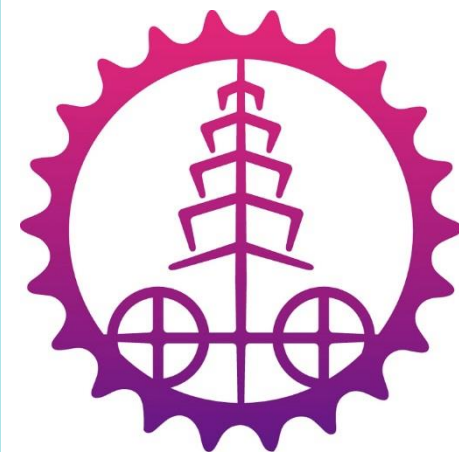


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The Life Vitality team is actively involved in the Velo-City Global 2016 Bicycle City Assembly and international forums. The team shares the experience of the successful popularization of the barrier-free bicycle movement in Taiwan, gratefully learns from the sharing of information on specialized bicycles from other regions and countries, and strives for opportunities for international exchange.

「生命勵」團隊積極參與Velo City Global 2016 全球自行車城市大會及國際論壇，分享台灣無障礙自行車運動的成功推廣經驗，向其他地區與國家謙虛學習與交換特殊自行車資訊，並爭取國際交流機會。



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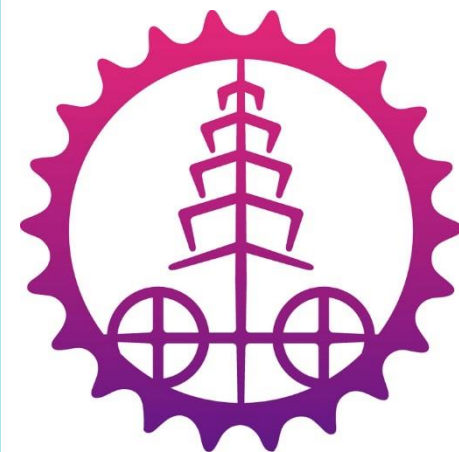




Velo City Global 2016 全球自行車城市大會

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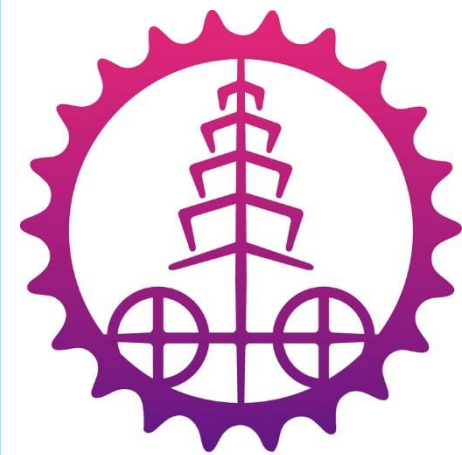


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Sharing Society

In 2012, the cycling community in Taiwan initiated the globally pioneering and internationally unique novel service method: Handcycle Public Service System. This barrier-free cycling was launched by Chen Chyi-Feng, who is the director of the Life Vitality Association. He is physically disabled and an experienced internist conducting in-depth studies on health promotion and degeneration delay of the physically disabled people. He successfully used a variety of special bicycles and designed the “more energetic, more enjoyable” method of rehabilitation to help mentally and physically disabled people at least 7000 times annually to enjoy the transformation to an active life. Collaborating with enterprises, NGOs, and governments, the Life Vitality Association spread the seed of barrier-free cycling throughout Taiwan and performed countless miracles of life, bringing revolutionary transformation to the lifestyles of the disabled, as well as the elderly. This group became the special bicycle team that received most attention from various media in Taiwan in recent years.

I have retained the quotes here to add emphasis to the name of the method.



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共享社會 Sharing Society

2012年台灣自行車界啟動了全球首創、國際獨有的創新服務方式：「手搖自行車公共服務系統」。這股「無障礙自行車運動」由「生命勵樂活輔健會」(Life Vitality Association)的理事長陳奇峯醫師啟動，他是肢體障礙者也是資深醫師，深入研究「身心障礙者的健康促進與延緩退化」，成功引用多款特殊自行車，設計『更有活力、更愉悅』的復健方式，幫助每年7000人次的身心障礙者享有蛻變的運動生活。而「生命勵團隊」(Life Vitality Association)努力結合企業、NGO組織、政府，讓『無障礙自行車運動』的種籽撒向全台，創造無數生命奇蹟，對身心障礙朋友及年長者的生活型態產生了革命性的蛻變，成為近年被台灣各媒體報導最多的「特殊自行車團隊」。



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Moving Lifestyles

By participating in the handcycle activities, the disabled people have developed regular and effective exercise habits, which not only changed their health behaviors and lifestyles, but also significantly improved their life quality. More importantly, it enhanced their physical fitness, improved their overall health, and effectively reduced the burden of health care for the disabled people and the pressure on the long-term care system.



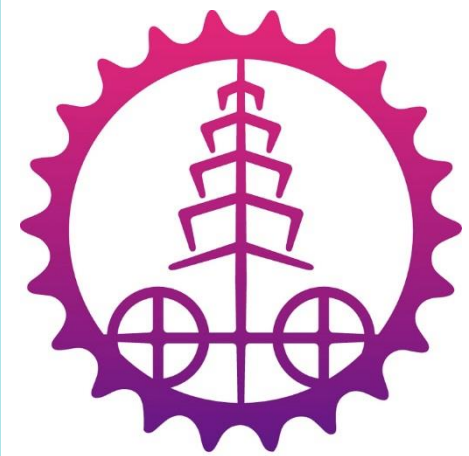
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生活蛻變 Moving Lifestyles

藉由手搖自行車活動的參與，身心障礙朋友養成了規律有效的運動習慣，不僅改變了健康行為與生命型態，也大大地提昇了生活品質；更重要的，達成了強體適能的增強以及整體健康的促進，更有效減少身障朋友健保的負擔與降低長期照護系統的壓力。



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生命勵騎士 生活蛻變 勇敢圓夢 的故事

Stories of life transformation and realization of dreams of cyclists



當我第一次騎上手搖自由車時，好震撼！！
不敢相信，行動不便的我，能騎著自行車，環遊『河濱公園』的自然美景！
I was shocked when I first rode the handcycle!
For someone with limited mobility, I cannot believe that I can ride the bike, enjoying the beautiful view of Riverside Park!



生命勵樂活輔健會 health ㄚ bike ● life

原來憑藉自己的力氣，努力轉輪，踩踏過『草地』『河濱』與『白鷺鷥打招呼』是那麼奇妙。 It is so wonderful to turn the wheels of the handcycle and cross over the lawn and the riverside and say hello to the white egrets using our own strength!



一滴滴的汗水，匯集成『不服輸的精神』！
Drop by drop, the sweat transforms into
an unyielding spirit!

生命勵樂活輔健會

health  bike  life



Brief Introduction to Special cycles

1. Currently, the special handcycle is an expensive assistive device both in Taiwan and abroad, with the price ranging between TWD 42,000 and 100,000.
2. It is still difficult for most physically disabled people to buy such a bike because of their economic conditions and difficulties in transporting handcycles.



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特殊自行車產品簡介 --(市面流通)



雙北市政府於自行車租借站，大量設置，供身障者及老人免費借用之手搖自行車，績效卓著。

The Taipei and New Taipei municipal government place many handcycles at bicycle rental stations for free use by the disabled and elderly. Excellent results have been achieved.



為退化性關節炎的銀髮長者打開一扇窗：
配置多元化手搖自行車輔具



身障者及老人都適用，故障率低、易管理

Appropriate for both the disabled and the elderly. Low malfunction rate, easy to use.

『關節或下肢退化者專用之 三輪車自行車』

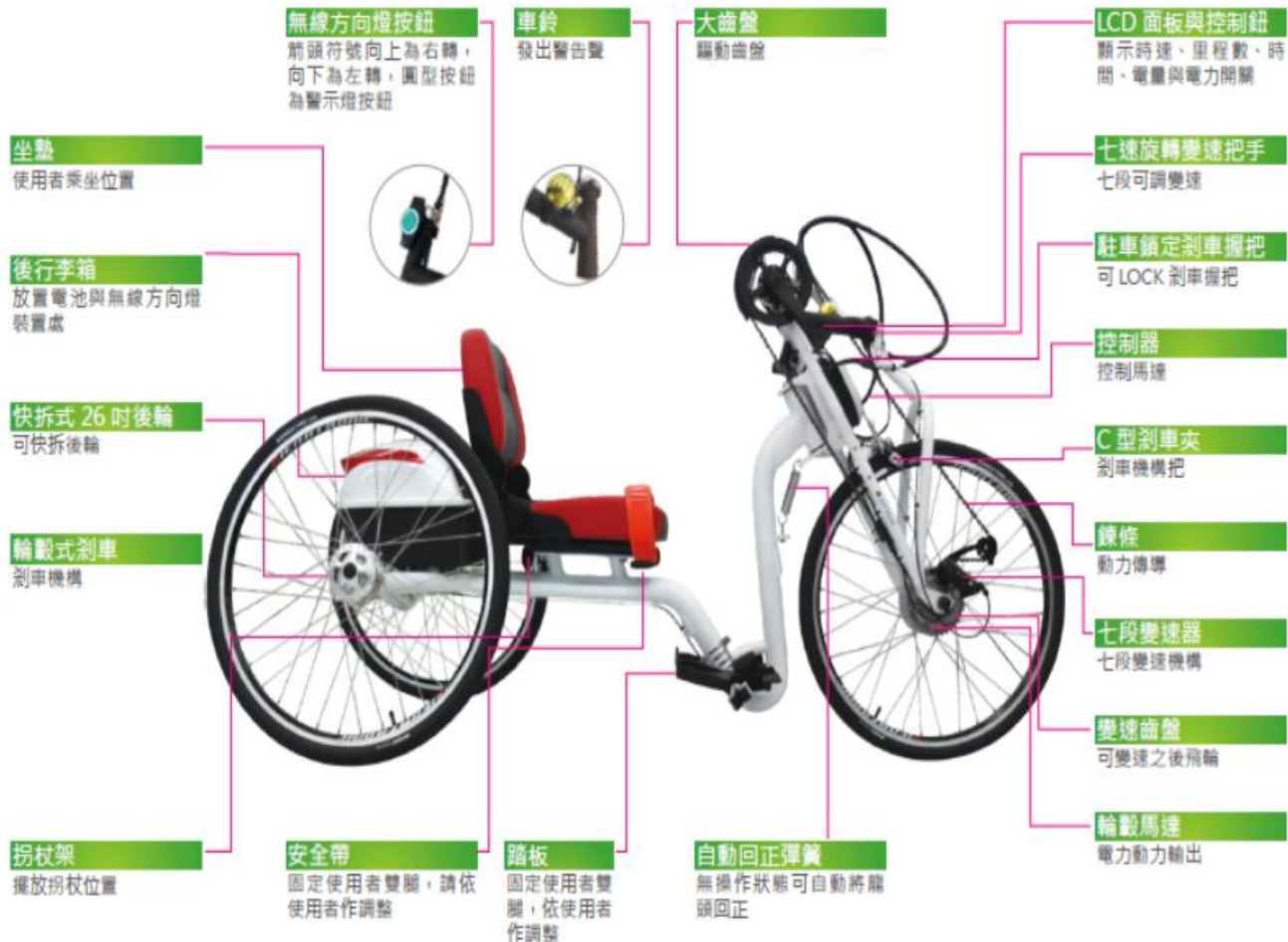


**Tricycles tailored for
individuals with lower
extremity or joint impairments**



手搖電動式輔助式三輪車

Hand-cranked E-tricycle



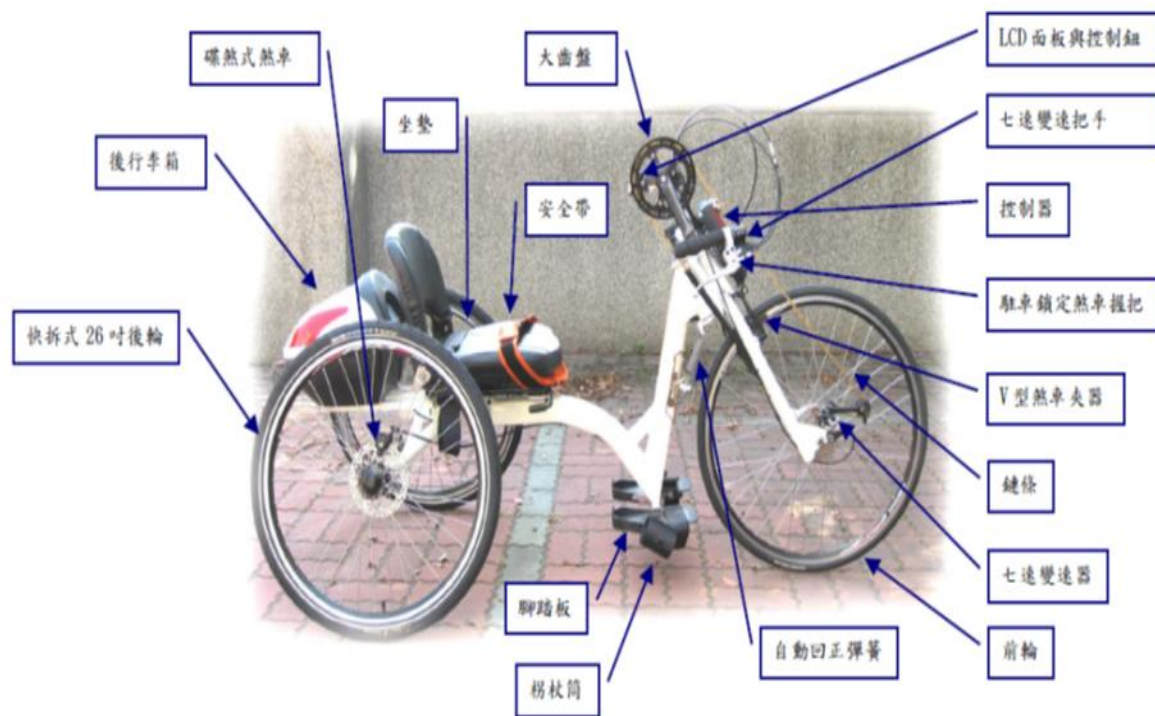


Lightweight separable 24 variable speed handcycle

可拆式「24段變速」輕量化手搖自行車

生命勵樂活輔健會

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Light separable power assisted handcycle

「電輔」可拆式輕量化手搖自行車

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The rehabilitation tricycle



Micah 復健三輪車

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『多重障礙患者適用之輪椅陪 載之親子車』



The parent-child bike with
a wheelchair for patients
with multiple disabilities

『外掛式輪椅手搖車頭』 attachable power assisted handcycle



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Principles for the public use of handcycle products -

- Ensure safety: handcycles operated by hand-supplied force alone are relatively safe.
- Ease of operation: simple and intuitive operating methods without need for complicated learning.
- Easy and economical to maintain and repair.
- Insurance included with handcycle products.
- Inclusion of handcycle products in the assistance-product project of the Ministry of Health and Welfare.
- Unitized structure of handcycle products, rather than need for assembly, to ensure safety.
- Excellent manufacturer's reputation, with support for warranty and repairs.
- Relatively little funding required for purchase.



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公共使用之「手搖自行車產品」，須符合下列重要原則

- 使用具安全性：不具暴衝力之純手力式手搖自行車相對安全。
- 操作簡易性：不須複雜學習、簡單操作易上手。
- 保養維護簡易、經濟性。
- 管理方便性：車身輕巧易移動。
- 手搖車產品含產品保險。
- 手搖車產品列入「衛福部」「輔具產品項目」。
- 手搖車產品結構為一體結構式，勿為拼裝或連結式，以求安全。
- 產品製造商商譽佳，具優良保固維修能力。
- 採購手搖車產品所需相對經費用較少。

Principles of Universal Design in Handcycles:

Principle 1: Equitable use

Principle 2: Flexibility in use

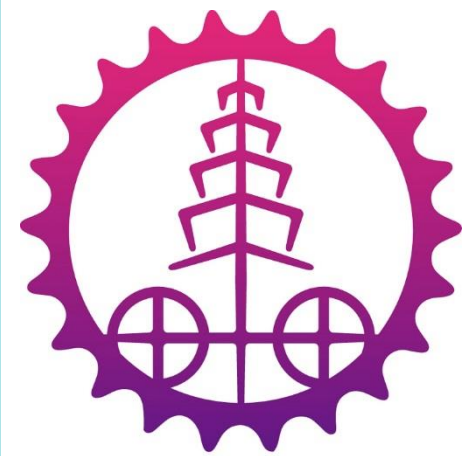
Principle 3: Simple and intuitive use

Principle 4: Accessible information

Principle 5: Tolerance for error

Principle 6: Low physical effort

Principle 7: Sensible size and space design



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優良手搖自行車宜符合 「通用設計」 Universal Design 重要原則

原則 1 .平等的使用方式 Equitable Use

原則 2 .具通融性的使用方式 Flexibility in Use

原則 3 .簡單易懂的操作設計 Simple and Intuitive Use

原則 4 .迅速理解必要的資訊 Perceptible Information

原則 5 .容錯的設計考量 Tolerance for Error

原則 6 .降低身體的負擔 Low Physical Effort

原則 7 .規劃合理的尺寸與空間 Sensible size and space design



「電輔」可拆式輕量化手搖自行車
Light separable power assisted
handcycle



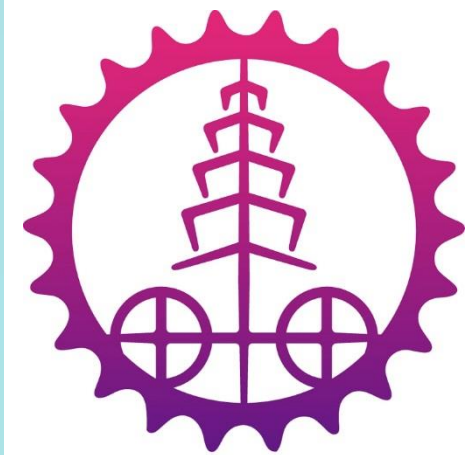
可拆式「24段變速」輕量化手搖自行車
Lightweight separable handcycle



The reclining, multi-geared handcycle for patients with spinal cord injuries

脊椎損傷患者專用斜躺式多檔位手搖車

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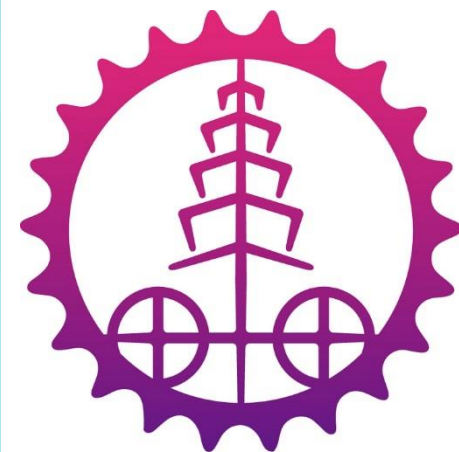
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『生命勵』的影片：[Wonderful movie of Life Vitality Association](https://www.youtube.com/watch?v=QQP2ZQJfFoU)
<https://www.youtube.com/watch?v=QQP2ZQJfFoU> (生命勵騎士的故事1)

<http://youtu.be/h3Wq3mKJufY> (生命勵騎士的故事2)

<https://www.youtube.com/watch?v=UXhYQtNZLYQ&feature=youtu.be> (輪行無礙-生命教育影片)

<http://youtu.be/ZCBuZYecKik> (敢動.感動日月潭手搖車影片)

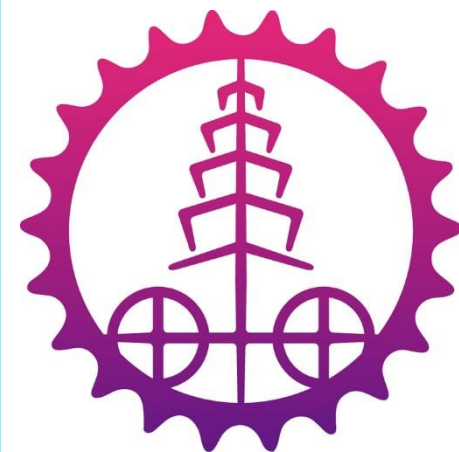
<http://youtu.be/fZiY1iHwaFk> (新北市捐車典禮影片) (手搖車之舞)

<http://youtu.be/Ukc94mh-r0o> (與扶輪社共同捐贈、推廣手搖車影片)

<https://www.youtube.com/watch?v=MIKMk87KVJE&feature=youtu.be> (生命勵夜騎身障勇士)

<https://www.youtube.com/watch?v=KQAjbb-r6CA>

<https://www.facebook.com/groups/life111/permalink/817948461612733/> (雲南騎跡記者會 連結影片)



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生命勵樂活輔健會(Life Vitality Association)

♿ Moving Lifestyles ♥ Sharing Society

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