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## **Effect of the FIT Taijipao on 20-30-Year-Old Adults' Cardiorespiratory Function**

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### **Abstract**

The FIT taijipao is a personalized fitness run, based on tai chi thought, and taking physiological index heart rate as the assessment of exercise load standard. According to the current research, there is no clear study to confirm its health benefits. Therefore, this study intended to examine the effects of FIT taijipao on cardiorespiratory function for 20-30 years old adults. 60 volunteers were recruited from a university of Sichuan province, China. After the volunteers signed informed consent, they were randomly divided into the experimental group (30 students) and the control group (30 volunteers). The experimental group had the FIT taijipao twice a week guided by professionals, while the control group kept their original lifestyle. During the experiment, the baseline survey, heart rate and other health indexes of all the volunteers were assessed. In the final, there were 21 experimenters in the experimental group (6 males and 15 females) and 15 in another group (5 males and 10 females). The study processed the data in group by SPSS22.0 Paired T test and independent T test were conducted. After the 3-month experiment, it was found heart rate at rest (HR<sub>rest</sub>) had a significant downward trend. There was a highly significant difference in the experiment group's HR<sub>rest</sub> before and after the experiment. Moreover, the quantitative load of the experimental group was 5 km / h or 8.3 km / h, the downward trend of HR was effectively lower than that before the experiment. It is suggested that the FIT taijipao has effects on reducing the oxygen consumption of heart contraction, the load of heart ejection and the work of heart in adults aged 20 to 30.

*Keywords:* the FIT taijipao, health benefit, cardiac function