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5 58	Sports and health care	Chinese health-preserving exercises	Exercise therapy and TCM methods	PEACE and LOVE
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Practical Reading

Volunteers wanted!

Calendar of a winter sports event

Maintenance manual for sports venues

Top 20 worldwide fitness trends

A rehabilitation process

Wearable technology

Extensive Reading

Chinese sports as intangible cultural heritage

A timeless symbol of China's competitive sports

Are they playing hockey?

Diverse school sports activities in China

The healing art of Chinese exercise

Enterprises showcase "intelligent manufacturing in China"

Fun Reading

Chinese martial arts in *Kung Fu Panda*

Fun competitive sports

Green+Oxygen+
Light+Friendship=?

"Ice buckets" help athletes recover

The magic of animal-assisted therapy

What is "drone soccer"?