

OFFICIAL SDG WORLD RECORD CERTIFICATE



Most Cumulative Participation of Senior Seated Tai Chi Exergaming Experience

100 people participated Senior Seated Tai Chi Exergaming Experience.

“銀齡同創可持續・太極電玩世界紀錄” was an event aimed to promote the health and wellness of senior citizens through Seated Tai Chi exergame.

The campaign supports SDG 3 – Good health and well-being. It promoted mental health and well-being.

Validated on 30 August 2026, Hong Kong, China

Record Title Holder

香港都會大學護理及健康學院



“Record-breaking Together”

Certified No: 2608mt

<http://sdgwr.org/2608mt>

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