Rebound pace shows signs of picking up

Manufacturing activity expands for first time in six months, bolstering confidence

By ZHOU LANXU
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China’s economic momentum firmly held up in the month as manufacturing activity expanded for the first time in a half year, adding to signs that the country’s recovery may have resumed and may steady in the fourth quarter, the latest survey showed.

Nevertheless, constant policy support is needed to sustain the rebound, as areas such as small businesses, consumer spending and employment may require additional and additional government overdxion help in the rest of the year.

The country came after the National Bureau of Statistics said on Friday that the official purchasing managers index (PMI) for the manufacturing sector was 49.2 in October, standing above the boom-break level at 50 for the first time in six months and rising for the fourth consecutive month.

September’s PMI reading was up from a 17-month low recorded in July due to demand accelerated while market demand improved, especially export orders, the bureau said.

The improved reading has further boosted analysts’ confidence in China’s recovery prospects, following a raft of economic data for August, when the profile of industrial enterprises and consumer inflation both remained positive growth over a year-on-year basis.

The pace of China’s economic recovery has stabilized and is moving (potential) said Zong Denghong, chief economist at Ping An Securities.

Zhang said September’s PMI indicates that the drag from external demand has eased, policy pushed for infrastructure and real estate construction have provided a recovery in related industries, and the mitigated costs for businesses is boosting the senses of consumer goods and services.

While activities in services and construction sectors accelerating, the composite PMI, which includes both manufacturing and nonmanufacturing activities, came in at 48.9 in September, up from 47.1 in August, following an acceleration in overall business activity, according to the NBS.

Experts said the official manufacturing PMI may remain above 50 for the remainder of the year amid the ongoing impact of recent supportive policies, including property market easing, accelerated government-issued bonds issuance and the central banks’ cut into interest rates and banks’ required reserves.

“The (economic) momentum is expected to strengthen steadily in the fourth quarter and pick up further through 2023, with the help of well-executed targeted policies and a gradual recovery in external demand,” said Fan Zhiyi, chief economist of the ANZ-China Macro-economic Research Office.

China, Germany agree to expand market access

China and Germany agreed on Sunday to expand market access across on a level playing field and strengthen cooperation in the fiscal and financial areas, as strengthening economic ties could be of mutual advantages.

Yin-Premier Li Haiyan and German Finance Minister of Finance Christian Lindner co-chaired the third China-Germany High-Level Financial Dialogue on Sunday and reached consensus on 15 topics, China’s Ministry of Finance said in a joint statement on Monday. Both sides agreed to communicate on signing a memorandum of understanding on insurance supervision, and China welcomes qualified German insurance companies to apply for operational licenses in areas they specialize in, according to the statement.

Chinese and German authorities will establish a dialogue to discuss the necessary conditions for applying specific requirements for Chinese banks’ branches in Germany, while China is in the process to enhance at least one Chinese bank to establish a subsidiary in Germany as its European hub.

Both sides will support Germaninan student’s conducting reputable business, encourage qualified German entities to invest in projects in China to deepen the momentum of understanding in areas such as exchange and education, the statement noted.

The government of the People’s Republic of China and the German states agreed to strengthen cooperation in areas such as energy, infrastructure, science and innovation, and exchange of officials.

The statement also stressed both sides’ commitment to further standardization, modernization and sustainability in diverse fields, and to promote cooperation to further strengthen the momentum of economic cooperation.

China and Germany will work closer together on issues to support the implementation and outcome of major conferences.

In terms of investment, Germany has been the third largest foreign investor in China, the statement said.

China and Germany have a strong economic complementarity and a strong economic interdependence, according to the statement.

China, Germany agree to expand market access

Nation pays solemn tribute to its heroes

By ZHANG YUNSHI
zhangyunshi@chinadaily.com.cn

A brisk autumn wind from the northeast, as well as bright sunshine and a blue sky, ushered in Wednesday morning and brought tears to the solemn crowds surrounding Tiananmen Square in Beijing to mark China’s National Day and Martyr’s Day.

The ceremony, attended by President Xi Jinping and other leaders of the Communist Party of China and the state, attended the ceremony to present flower baskets to the fallen national heroes.

Other leaders included Li Qiang, Zhao Le, Wang Baoshan, Li QI, Diao Yuesheng, Li Xi and Han Zhong. They were joined by representatives from all walks of life who lined up in front of the monument in an orderly manner and laid down to pay their respects.

Military and officials noted that since the 19th National Congress of the CPC in 2017, the nation has constantly stepped up monument maintenance and coordinating efforts in introducing all-around legislation, policy and funding to better honor the heroes and boost public awareness.

A colorful way to commemorate National Day

Above: A bag bearer under the arbor of the Peking Opera mural in Tiananmen Square during a rehearsal, where is a flag-raising ceremony held on Tiananmen Square during the national holiday.

Left: People wave national flags while attending the flag-raising ceremony on Sunday. About 75,000 local people and officers attended the flag-raising ceremony.

scheduled to mark the 70thanniversary of the founding of the People’s Republic of China.

China-Germany High-Level Financial Dialogue
Eased processes aid tourism growth

The China Tourism Administration said a total of 705,000 tourist arrivals and 8.74 million overseas visitors arrived in China during the first 10 days of October. This is the highest number of tourists since the COVID-19 pandemic began.

China's tourism industry is experiencing a significant rebound, with many destinations reporting a surge in visitors. The measures taken by the government to stimulate tourism, such as reducing lockdowns and easing quarantine requirements, have contributed to this recovery.

China's tourism industry is recovering rapidly, with many destinations reporting a surge in visitors. The measures taken by the government to stimulate tourism, such as reducing lockdowns and easing quarantine requirements, have contributed to this recovery.
Like the average Chinese family, Xu’s par-
ents wanted to have a happy event to improve
their neighbors, make new connec-
tions and repair damaged relations — and
also to demonstrate goodwill to them in-
laws. The attended mostly friends of Xu’s parents and relations, who he only
tangibly remembered from childhood inter-
actions.
“My mom and dad were the actual main 
charmer at the wedding, not us,” he said.

Hometown stranger

Xu said providing his home in Shanghai’s 
prestigious neighborhood, where his parents
paid 5 million yuan for a house on a presti-
gious street, was a great challenge.

He said it felt like a stranger in his home-
town. His friends were scattered across Chi-
a, but he said he found it strange to see the
people who were coming to the ceremony to
visit the wedding banquets.

He said the move from city to city was
difficult to come together a gathering of
friends who are really about each other.

In 2009, only 0.5 million lived and
worked outside their home province, accord-
ing, to the National Bureau of Statis-
tics. However, that number more than dou-
bled in the following decade, and reached
over 2.5 billion in 2020.

Zhang Ling, a researcher on marriage
and family issues in Beijing, said greater migra-
tion is part of the reason behind the warming
at wedding ceremonies among the younger
generation.

The cross-regional population flow,
which accelerated as a result of urbaniza-
tion, has broken down the “all-acquaint-
ance” society. As a result, younger people
who usually have a sphere of friends
from their parents, find wedding banquets
in their hometown filled with strangers,
and they have become reluctant to invest
money and effort in such events.

“They have started to ask themselves who
the wedding is being paid for,” Zhang said.

Epidemic hangover

Last year, after being delayed by the epi-
demic, Xu and Gan registered for a mar-
rriage certificate in Hangzhou — where
they bought a house and raised a ginger cat.
They then started to plan the wedding,
beginning with their parents to cut the wedding
budgets, which Xu argued were costly,
insurers and municipalities.

“The epidemic limited many gatherings
and social events, so the wedding also
went down accordingly,” Xu said.

There was the modest banquet, which he
said was his parents’ last defense
— no stones — no wedding gown, no photo-
grapher, no exchange of rings.

At the banquet, Xu’s parents bought a
ring with a diamond

Xu showed up in a white dress and boots.
Sponsored by his mother, Xu and his bride
stepped out of the carriage to greet the grooms and express their gratitude.

The roots of the growing pace for
wedding banquets can be found in the disruption
cause by the epidemic.

Five years after meeting and tying the
knot in Beijing, Xu Yili proposed in 2020,
when much remained unknown about the
coronavirus.

The couple registered for marriage in
Shanghai, Xu’s hometown, where he now
works in advertising.

To celebrate their union, the 35-year-old
reserved four tables of food at a local
restaurant to entertain his in-laws during
the National Day holiday in October
that year. As mass gatherings were discouraged
for fear of infection risks, “It was largely a
family event, and no friends were invited,” he said.

“The family elders agreed to the plan,
because they would be among the most vul-
nerable if an outbreak did,” Xu said.

The summer of 2020, a month before
the marriage, Xu and Gan registered for a
marriage certificate in Beijing. When they
were applying for the marriage certificate,
Xu argued that the amount was
more financially safe.

After graduation, Xu landed a job in
Beijing, while her girlfriend became a diplo-
mat and was sent to Europe. That year,
Xu completed his PhD and returned
to Beijing. The couple hosted a
wedding banquet where they had been
more financially secure.

Xu described the wedding as
stressful, “the afterglow of the wedding,
and the difficulty of graduation.

The longer the delay, the less essential
the ceremony becomes. Now, I think that
I don’t want it anyway,” she said.

Sinking costs

Xu said that the fees for the various services
are always dropping.

A friend of mine dedicated a trip to
Shanghai for a month to help his in-laws
with the wedding banquets.

Xu said that she could only dream of remov-

ing such a destination, but she did not want to
have a budget wedding organizer and have a standardized,
technique-based ceremony, which could only be easily cost
up to 100,000 yuan.

A report released last year by wedding
service provider Huini said that
the total cost in 2021 spent an average of
10,000 yuan on three weddings, which was
3.5 times the amount in 2016. How-
ever, official data show that in 2021, the average per capita disposable income in
China was just 1.5 times higher than in
2016.

Huini’s report said that last year Shanghai
was the most expensive city in which to
hold a wedding ceremony, followed by Bei-
ing, Hangzhou and Shenzhen in
Guangdong province.

Recent years have seen a launched campaign
to fight the “lack of custom” of paying high-
price gifts and avoid the soaring wedding costs.
The nation’s officials have argued that affordability issues are hold-
ing young people back from marrying.

Data from the NSB showed that the mar-
riage rate has not been hit by the old
people, and the number did not see
linked This is because the Ministry of Civil Affairs said it registered about 6.6 million new
marriages last year, down by about 10 to 15 percent drop from 2021.

A survey conducted last year by the con-
tact agency Lilibai Research suggested that among couples with marriage plans, 54
percent wanted to cap their wedding cost
at 30,000 yuan, while less than 10 percent were willing to spend more than 100,000 yuan to
make their wedding memorable and
entertain guests they barely know.

No regrets

When asked if the report of the absence of
a ceremony to mark their wedding, Xu, the
year-old, said, “I made it up to him, for
the rest because of the epidemic, big
the rest because of the epidemic, big

In the case of Liu, in Hangzhou, he and his
wife traveled to Beijing for an old-fashioned
wedding photo session, which was not ceremonial.
Some wedding photo services usually
apply heavy makeup to the subjects and alter
for a variety of 120-180 photos. A couple is asked to select a few photos from hundreds to be edited.
Liu said, adding that the photos usually do not do their job to avoid the studio.

In China, the cost of a wedding, which can
range from tens of thousands to millions of
yuan, is less than 10 percent of the average
among the couple’s monthly income.

No matter what they are, the couples
were more than happy.

“Therefore, we are happy and no photo editing. We were what we were at that
very moment,” Liu said.

No heavy makeup, and no photo editing. We
were what we were at that very moment.”

Liu Yiyi, together with his wife Lan, a wedding planning service provider, had their
summer wedding banquet last year during the COVID-19 epidemic.

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summer wedding banquet last year during the COVID-19 epidemic.
**Deadly bombing**

Injured victims of Friday’s deadly bombing were treated at a hospital in Quetta, Pakistan, on Saturday. A suspected suicide bomber blew himself up among a crowd of people celebrating the Prophet Muhammad’s birthday in southwestern Pakistan on Friday, killing at least 15 people and wounding 18 others, authorities said, in the country’s deadliest suicide attack targeting civilians in months.

**Doubts about US-EU data deal arise**

By LU JINSHAO

Experts and lawyers are questioning the effectiveness of a new agreement between the European Union and the United States because the privacy of personal information is protected across the Atlantic, saying the pact is of 

The US is to try to establish a 

The European Union asked for 

The EU said that the July 

The US has an 


**Mulan**

**dance drama thrills Kennedy Center**

By ZHAO HUAXIN

Hu Man, the legendary daughter of an ethnic Mongol who 

The folklore 

The heroine 

Dancers (Hao Rui) receive applause after the performance of Mulan at the John F. Kennedy Center for the Performing Arts in Washington on Friday. The show is part of the “Image China” show series presented by the China Arts and Entertainment Group.

Mulan dance drama thrills Kennedy Center

WASHINGTON — The threat of a federal government shutdown 

President Joe Biden 

The package drops aid to Ukraine, which increases disaster assistance by $1.66 billion.

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**World**

**Gost averts shutdown as bill signed**

**Briefly**

**Ukraine**

**3 cargo vessels leave Black Sea for grain deal**

Three cargo vessels left Ukrainian ports Sunday after 

After the vessels sailed, however, the state-owned state 

It is not clear how long the 

**Vietnam**

**Floods in north, central regions kill 9, injure 10**

Floods in Vietnam’s northern and central regions from Thursday to Thursday hit local people, with one person missing and injured (10) and 18 others missing and injured.

The floods caused 

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**AGENCIES VIA XINHUA**
**Doctor dedicated to innovating traditional medicine in pediatrics**

**By SIH BAVEN**

**Drs. Deng Ting, Ding Yihong, and the research team**

Drs. Deng Ting, a 72-year-old chief doctor of traditional Chinese medicine, has a 42-year career in the field. He has treated more than 2,000 patients from around the world. He is known for his innovative work in developing traditional Chinese medicine (TCM) for pediatrics.

Drs. Deng Ting and Ding Yihong have been working closely together for more than 20 years. They have developed a new approach to TCM-based pediatrics, focusing on holistic treatment and prevention.

**The vitality of TCM in pediatrics**

Drs. Deng Ting and Ding Yihong emphasize the importance of TCM in pediatrics. They believe that TCM offers a holistic approach to children’s health, taking into account the unique characteristics of children’s bodies and minds.

**Pediatrics as a field of TCM**

Drs. Deng Ting and Ding Yihong have conducted extensive research on TCM in pediatrics. They have published numerous articles on the subject, highlighting the effectiveness of TCM in treating various pediatric conditions.

**Conclusion**

Drs. Deng Ting and Ding Yihong are dedicated to advancing the field of TCM in pediatrics, aiming to bring the benefits of this ancient system of medicine to a new generation of children.

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**Humanitarian spirit defines career of respiratory health specialist**

**By DO GUAN**

Dr. Lu Yanning is a cardiologist and pulmonologist based in Beijing, China. She is known for her humanitarian work, particularly in the field of respiratory health.

Lu Yanning has devoted her career to improving the lives of patients with respiratory conditions. She has worked tirelessly to educate the public about the importance of early detection and treatment of respiratory diseases.

**Advocacy and education**

Lu Yanning is a strong advocate for the importance of respiratory health. She has spoken at numerous conferences and forums, raising awareness about the impact of respiratory diseases on individuals and society.

**Research and innovation**

Lu Yanning has conducted extensive research on respiratory diseases, focusing on developing new diagnostic tools and treatments.

**Leadership and mentorship**

Lu Yanning is a respected leader in the field of respiratory health. She is widely respected for her commitment to improving patient care and for mentoring the next generation of respiratory specialists.

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**People**

**Improved response, increasing attention key for infectious disease control, CDC expert says**

By LI WEIYING

**Chinese expert advocates for early detection, treatment of COVID-19**

At the height of the COVID-19 pandemic, Chinese expert Dr. Li Weiying called for early detection and treatment of the disease. He emphasized the importance of rapid testing and effective isolation to prevent the spread of the virus.

**The importance of early detection**

Li Weiying stressed that early detection of COVID-19 is crucial to slowing the spread of the disease. He noted that early detection allows for timely isolation and treatment, which can prevent the further transmission of the virus.

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**Progress made in public health**

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Out of the oven to the entire nation

Remote county in Jiangxi becomes ‘land of bakeries’ despite having negligible production of wheat and no flour mill. Wang Xiaoqiao reports.

I t’s 6 a.m. on a weekday, when you will find Chen Jixin, a professional pastry manager and self-styled baker affectionately known as Mao, sitting in a bloc of golden pastries at his Bao’s Pastry outlet in a bakery in the central city of Nanchang, Jiangxi.

“Every ingredient of this item—from the extremely fluffy brown sugar and sesame paste, the cake and cream, even the sugar dressing that goes everywhere—tastes like the real thing,” the 71-year-old said. “Even if you just take a few minutes to eat, you’ll be happy you tried it while I’m still here.”

This mint cake, Chen has a variety of other baked goods and snacks from Bao’s Pastry. “I made my first purchase at six years old when I first started working in the Bao’s Pastry, and I am still a loyal customer,” he said.

But it wasn’t until July when Chen discovered that Bao’s Pastry’s foundation in 1987 was more than 20 years old, which is an impressive mark for a bakery that has never been cooked in the same kitchen as China.

“Chen is not the first person to be attracted to Zixi bakery for making pastries. The remote county is gaining nationwide attention for its bakery products, with people from Zixi opening bakeries across China and local authorities making dedicated efforts to help bakery brands from Zixi build modern bakeries.

And Zixi, which has a population of more than 100,000 people, is a must-see for anyone who is interested in the bakery industry. Qiu Qing, the mayor of Zixi City, pointed out, “As a well-known city for baking products, we have high-quality bakeries that are respected by all.”

The city does not have natural advantages in terms of resources, ecology, or technology. However, Zixi has a place in the national and provincial markets, which has not been achieved by many other counties.

“Zixi bakery business can be traced back to the Tang Dynasty. The county was once a major producer of flour and sugar, and we have a long history of baking,” he said.

Zhang Shuang, one of the veteran bakers and raised in Zixi, joined the military in 1984 and was assigned to the “Fifth Division” of the Chinese Army. He remembers the first time he tasted the bakery’s pastries, “I tried this year, and I was amazed by the taste. The pastries are so good that I decided to make bread for my fellow soldiers as farewell gifts. From this day, I have been able to make bread for people in need.”

Zhang set up his first bakery in Zixi that was precisely a flour mill that is now an industry powerhouse, but there were still many challenges. Zhang’s bakery gradually caught the attention of big businesses in China who helped him develop his baking skills and plant. Over the years, Zhang has gradually expanded the scale of his bakery and the neighboring regions have set up a number of Chinese-style baking enterprises. Leading among them are Bao’s Pastry, China Bakery, Luoxi Pastry, and Zixi Pastry. Bao’s Pastry, founded in 1984, has set up over 100 chain stores in more than six cities by the end of 2021.

China’s bakery industry has experienced rapid growth in recent years. As of 2021, China’s bakery industry has been recognized as a national-level industry, with a sales volume of 30 billion yuan.

The local government has started guiding key bakery enterprises to support the development of the industry. In 2021, Zixi established the country’s first provincial bakery industry association that offers legal aid, financial support and technical guidance to bakeries from other regions. The association has been working to improve the competitiveness of the industry.

In the next, a bakery training center was set up to provide local platforms for local people and bakery enterprises migrating to other regions. The center has the vision to develop a professional baking industry that is able to support other regions to improve their skills.

The local government said in March that it plans to invest 30 billion yuan to build a 200-hectare industry park for bakery products, focusing on production, production research and development, technical training and branded procurement.

For example, a vineyard in Zixi, which was set up in 1984, has become the largest in the province, and has been recognized as a national-level industry park. The vineyard has been able to improve the competitiveness of the industry and has become a major contributor to the local economy.

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Teahouse offers a taste of Chengdu culture

Heming tea house, first built in 1923, has a history of 100 years and is one of the oldest tea houses in Chengdu of Southwest China's Sichuan province.

For people living in the city, walking into the Chengdu People's Park, sitting down at the Heming tea house, drinking tea, enjoying the flowers and having their ears cleaned, is a traditional way to enjoy life. The tranquil tea house is packed with tables, chairs and tea enthusiasts, and features outside seating near the lake. Nowadays, the tea house has become a must-go destination for visitors to experience Chengdu-style life.

A man performs tea pouring at the Heming tea house in Chengdu, Sichuan province, on Aug 7, 2023. Photos by Lan Hongguang/Xinhua

Left: Customers enjoy their meal at Heming tea house in Chengdu, Sichuan province, on Aug 7, 2023. Right: Artists prepare for an opera performance at Heming tea house in Chengdu, on July 31, 2023.
The traditional Chinese fish performance techniques are now staged three times per night in the Hall of the Eternal言った chiaroscuro, endearing and harmoniously composed. This two-story, approximately 300-square-meter building can host as many as nearly 100 people at any one time. In addition to traditional fish performance, the theater also offers visitors a chance to experience traditional Chinese fish-themed beverages, snacks, and desserts, all made from traditional Chinese fish. Two years ago, many visitors to the theater have been left amazed at how much they have to offer. In a sense, they're almost like a theater within a theater. The theater has developed into a hotspot for visitors, attracting attendees from all walks of life. It has become a new attraction for Chinese tourism experts, who have praised the theater for its unique and innovative approach to cultural heritage preservation.

Using the building is the best way to preserve it, Wang said. These conservation trends can encourage consumers to explore the existing building and its history. A wide variety of traditional Chinese classics are on offer to visitors in the traditional Chinese-themed boxes, ranging from the classical opera to modern Chinese plays. The theater also houses a unique small space dedicated to the study of Chinese arts and culture, including traditional calligraphy, painting, and sculpture. Visitors can learn about the history and development of these art forms, and even try their hand at creating their own works. The theater offers classes in traditional Chinese painting and calligraphy, in addition to traditional Chinese music, dance, and martial arts. It's a place where visitors can immerse themselves in the traditional Chinese cultural heritage and experience the beauty of traditional Chinese art forms.
Females focus on fitness for better future

Niche training studios with tailor-made workouts for women sprung up, catering to devoted clientele across country

By WANG ZHONGQING

A
fter a health check three years ago, Qiu Ling, a mother of two and a part-time law firm in Beijing, decided to find a fitness club that could match her busy schedule, low-key yet flexible and a more sustainable option.

Qiu found one soon enough, signing up with Beaufit, a female-only fitness center near her home. To plato-themed workout facilities and flexibility, training sessions have made her feel as at home as Gui works out consistently at least two times a week. She signed up as Beaufit’s first member in 2015.

“Beaufit, as it turns out, is a fitness-only gym that she has always longed for,” Qiu said.

“Nowadays, having your own fitness routine can not only make you look healthier, but also give you a sense of freedom,” said Wei, a member of Beaufit.

“My gymnastic problems have improved,” said Wei, who has told me that I look better. I feel energetic and healthy.”

Guo, a female-only fitness business operator, said the phenomenon has taken hold especially among female customers. “Female customers are more particular about fitness and health care and are more sensitive to the gym’s services and environment.”

The shift has boosted the sales of women’s fitness brands. “I saw the trend and was quick to make the move,” said Sun, founder of Xiangyang.

Female sports firms participate in a mean fitness training event in Xiangyang, Hubei province, in March 2022.

“Women prefer to have a fitness center near their homes. They also prefer to have a gym that is more convenient and less expensive than going to a gym,” said Sun.

According to a survey by MPower Research last year, women make up 68.4 percent of users at domestic gyms, paying for private training and using the facilities more frequently than their male counterparts.

“Women want to keep to their shape, rather than have big muscles like men,” said Sun. “Heavy weightlifting is not a necessity in the facility.”

Women are also more dependent on services to provide information on exercise or advice for injury-free workouts.

Female sports firms participate in a mean fitness training event in Xiangyang, Hubei province, in March 2022.

Wang Fang, one among more than 100 women learners at Beaufit.

“Sometimes, I am the only woman showing up. I am not afraid to run in the club and choose what kind of courses are available at the gym,” Qiu said.

The price of each class for a one-hour class is about 100 yuan ($15.3) or an ordinary member, or a discounted rate of 90 yuan per hour for long-term members.

Sun believes the price range makes customers come back to the club every year, with returning customers making up about 70 percent of its membership.

Operational management is key to the survival of a gym.

To raise efficiency and profits margins, Sun said each center employs only three to five instructors, while other gyms of similar scale usually hire two to eight instructors.

“I hope to build a gym like a Starbucks, expecting every customer in the store and offering standardized products and services,” Sun said.

Going forward, Sun said the market potential is massive given that the ratio of participation is still lower among office workers in major cities. It expects to open more offices in second- and third-tier cities in the future.

“We’ve found that very few people stick to training on a habit,” said Sun.

“This requires us to, as an industry, offer better facilities, services, and an environment that encourages more people to continue exercising.”

For some women, the exclusivity factor is not essential while selecting a place to work out.

“Wang, a marketing director, at a health institute in Beijing, said location, membership and training fees are the priorities when choosing a gym.”

When I work out, the gym must offer a wide range of fitness equipment, and a ‘gym is for strength training’. I have a very busy schedule. I will go as many gyms that are affordable and close to my home.”

Women-only fitness center offers small-scale gym market in Beijing.

Of about 4,500 gyms in the city, only about 20 offer fitness services for women. Most of these fitness centers are, however, growing.

“A friendly working environment is what we are trying to create through our training,” said Sun. “We are hoping to become an entrance for people that support female-working women.”

Top sportswear brands enamored with Chinese market

By WANG ZHONGQING

Yoga-inspired athletic apparel has proved a hit in China, boosting the fortunes of top sportswear brands.

Leading international athletic apparel brand Lululemon is planning a 40 percent increase in revenue in the fiscal year ending on Aug. 31, a jump of 48 percent compared with the same period last year. The Canadian brand is the first to announce its annual revenue growth in China.

Lululemon has its roots in a small store in the Lower East Side neighborhood of New York City in 1998, a store that has since grown into a global brand.

The company has been on an aggressive expansion in China since 2013. It has already added more than 200 stores and has 1,100 employees in the country.

Lululemon is leveraging some business-to-business opportunities, working and selling directly to consumers through its own platform, the company said.

The rapid growth in China over the past few years has contributed to Lululeman’s global performance. In the second quarter, its net revenue increased 18 percent year-on-year to US$1.8 billion, up 30 percent from the same period last year.

The revenue for the full year is expected to be $1.7 billion, up 20 percent from the full-year 2020’s $1.4 billion, which means the Chinese market for yoga apparel will reach $3 billion by 2025, up 26.4 percent from the global total.

Top sportswear brands such as Nike, Adidas and domestic ones including Anta and Maia Active have developed yoga-inspired athletic products to tap on the opportunity brought by the rise in fitness activities (including yoga, Pilates, frilaser, pole-dand and sampling).
Camping offers an alternative to famed East African safari tours

Adventurous travelers can escape the crowds and see some of the region’s most spectacular sites.

Camping is a popular choice for travelers seeking an adventurous off-the-grid experience. In Kenya, there are numerous camping options available, from national parks to private reserves. This article explores some of the best camping options in Kenya and the unique experiences they offer.

**What is Camping?**
Camping is the practice of spending the night outdoors, away from the comforts of home. It involves setting up a shelter, such as a tent or a campsite, in a natural environment. Camping allows travelers to connect with nature, experience the outdoors, and escape the hustle and bustle of everyday life.

**Reasons to Camp in Kenya**
Kenya is a popular destination for camping, offering a wide range of experiences. The country is home to several national parks and wildlife reserves, providing breathtaking views, diverse wildlife, and unique landscapes. Camping in Kenya allows travelers to experience the natural beauty of the region, including its mountains, lakes, and forests.

**Types of Camping in Kenya**
There are different types of camping options available in Kenya, including:
- **National Parks:** These are government-owned and managed parks that offer camping facilities. They are ideal for those interested in wildlife watching, hiking, and other outdoor activities.
- **Private Reserves:** These are privately owned and managed campsites that offer luxury amenities and a more exclusive experience.
- **Wilderness Camping:** This type of camping involves setting up camp in remote areas, away from the usual amenities and services.

**Camping Equipment**
Camping requires some basic equipment, including:
- **Tent:** A sturdy tent that can withstand the elements.
- **Sleeping Bag:** A warm and comfortable sleeping bag suitable for the weather.
- **Sleeping Mat:** A mat to provide additional comfort.
- **Hiking Boots:** Comfortable and sturdy shoes for walking on uneven terrain.
- **Sunscreen:** Protection from the sun’s harmful rays.
- **Water Purification Tablets:** To make water safe for consumption.

**Camping Permits**
Before camping in Kenya, it is important to obtain the necessary permits. For national parks, permits are required and can be obtained through the park’s website or at the park entrance.

**Safety Tips**
- **Be Aware of Wildlife:** Wild animals, including lions, elephants, and leopards, can be found in the region. Be aware of your surroundings and follow safety guidelines provided by the park or reserve.
- **Stay Hydrated:** Drink plenty of water to avoid dehydration, especially in hot weather.
- **Respect the Environment:** Leave no trace behind, and do not litter.
- **Travel with a Group:** Traveling in a group provides safety in numbers.

**Conclusion**
Camping in Kenya is a unique and rewarding experience that allows travelers to connect with nature and enjoy the beauty of the region. Whether you choose a national park or a private reserve, there are many options to choose from, each offering a unique and unforgettable experience.

**Questions to Consider**
- What are the best national parks to visit in Kenya for camping?
- What should I pack for a camping trip in Kenya?
- How do I obtain camping permits in Kenya?

**Further Reading**
- Kenya National Parks and Wildlife Service
- Kenya Wildlife Service
- Kenya National Tourism Board

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*Image courtesy of [Getty Images](https://www.gettyimages.com)*

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**SPORTS**

**ARTISTIC GYMNASTICS**

Zhang back in the swing after finding his mojo in Hangzhou

World championship sets sights on Olympic glory after fruitful Asian Games campaign

By ZHI YUN TONG in Hangzhou

**SAILING**

Sky’s the limit for China’s kitefoil champion

By XING WEI in Hangzhou

**ESPORTS**

Retro gamers roll back the years

By HEI YU in Hangzhou

With esports included in the Hangzhou Asian Games in a bid to appeal to a younger audience, it was somewhat ironic that South Korea’s first gold medal in its event was won by a 44-year-old player of a game that has been around since 1982.

On Thursday, Kim Gunwoo docked another anyone-in-Hangzhou-Yangtze flanked by fans with the most iconic memorabilia in its history.

No longer competing, the former elite gamer, who was 44 years old and a well-known figure in the country, boasts of holding the current record for most Asian Games titles, which he has won four times in a row.

Many younger gamers that played for these Asian Games are still players in the same league in esports. However, in the last 17 years, they have spent time and experience matters.

Kim Gunwoo hinted that he fully understands the difference between the two ages shows that he can use his experience to “do everything at these big events.”

**Zhang Hongbing executes a routine on the way to winning the men’s horizontal bar gold medal at the Asian Games on Friday.**

**It’s a shame that (Další) Hashimoto didn’t compete at the Hangzhou Asian Games. Now I need to try my best to complete my goals, stay focused and control my weaknesses.**

Zhang Hongbing

“Shinobu (Další) Hashimoto was the first horizontal bar world champion from 2012 to 2018 and won two silver medals at the last Asian Games. I’ve also noticed how she used to adjust her routine. I was a bit less important as a kid, so now there will always be a tendency to think."

The 23-year-old, a representative of Hangzhou’s Hangzhou Artistic Gymnastics team, said that she had a lot of fun and only a few tasks were competitive, and this is not the case for me. "It is very hard to compete when you compare in your home gym, you really feel a great sense of honor. But you just cannot express yourself."

**Women’s kite gold medalist Chen Shuang (centre) of China crossed with silver medalist Thongat Jutamala of Thailand and bronze medalist Lee Young-sun of South Korea, centre.**

“On the endless sea, we’re not slimming right away, but rather we’re working to put on some weight,” said Chen.

The hydrofoil can reach speeds of up to 100 kilometers per hour, but only 30 percent of the time. It is known as a hydrofoil, possibly glide above the water completely without sinking.

Kitefoils maintain control by generating massive frontward forces, allowing them to glide above the water completely without sinking when they are not in control. It is a hydrofoil, possibly glide above the water completely without sinking.

Notably, this is lidington’s début at the Asian Games, and it is set to make his Paralympic debut at the Tokyo Paralympics.

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A passion and pride

Athletes push themselves to the max in pursuit of Asian Games glory. Here’s a look at some of the best action so far.