



LOHAS DAYS

Ichiro Suzuki once said that there are many inexplicable things in the world, but all he knows is that he likes to play baseball. Certainly, there are many unfathomable things in the world, and to live in LOHAS is like a genetic code that is embedded in us, and once it is switched on, its powers are vast and strong. The East District is no exception to this global trend, welcome to a green life.

Green Power No. 1: Yuan Chi Dance 20



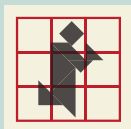
Some people swear by the magic of waking up at the crack of dawn, as the eyes open and the mind is just about to shift into awake mode. Yuan Chi Dance is a combination of martial art, entertainment, and fitness, and by moderately moving, the essence of the sun is absorbed by the body. Not only would you feel your muscles stretching, you could also get a taste of the collective Taiwanese memory of doing the national exercise routine at recess in elementary school. Go to the Sun Yat-Sen Memorial Hall early in the morning to take part in this group exercise.

Green Power No. 2: Ubike 24



To live a green life, we must cut down on carbon footprints. With Ubike, you can roam around the East District at any given time of the day with your Easy Card. Ubike does not discriminate and is available to everyone, with its easy rental service that takes merely seconds. There are eight Ubike stations in the East District, so be sure to make good use of its free first 30 minute policy and connect the dots in the area in the most affordable and enjoyable way!

Green Power No. 3: Chien-Kuo Holiday Flower Market



High Line Park in New York is an aerial greenway repurposed from an abandoned railroad, and the bottom of a freeway overpass in Taiwan is turned into a magical green wonderland on weekends known as the Chien-Kuo Holiday Flower Market. In addition to enjoying photosynthesis with many different plants, you can also do some neck exercises and look up at the tall silvery messerschmidia or look down on the rows of succulents. It's a fantastic way to kill two birds with one stone, because looking at the greenery is relaxing for the eye, and the exercises can help loosen any tension you may have.

Green Power No. 4: 248 Farmer's Market 18



On the afternoons of Fridays and Saturdays, the greenest spot of all in the East District is on the right hand side of the third intersection of Lane 248 on Zhongxiao East Road. At the "248 Farmer's Market", you can come face to face with the farmers and talk to them about their produce. It's a great way for the farmers to directly communicate with the consumers. It is not just about picking up your grocery; it's also about the security of knowing what you are eating.



Today is suitable for: Planting.

When you take flowers or plants home, a romantic spark is ignited between you and nature.



Tip of the day: Summertime in Taiwan is notorious for afternoon thunder storms.

In addition to staying protected from the sun, don't forget to bring an umbrella to avoid getting drenched.

