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Tai hopes everyone can be healthy because health won't return no matter how rich you are once you have lost it. After recovery, Tai made another new goal and plan:

- 1.Exercise every day.
- 2.Blood donation every year.
- 3.Be appreciative of everyone who had helped me to grow and become better.
- 4.Everyone he knows can be friendly with each other.
- 5.Continue on education of abacus mental arithmetic.
- 6.Three things need to be done in the morning every day:
 - (1) Self-practise abacus mental arithmetic (to enhance reaction)
 - (2) Running (to keep healthy and be effective at work)
 - (3) Having a healthy diet (to improve immune system) and don't skip meals Speaking of healthy diet, when he was in Philippine, a teacher asked him what kind of food he wanted to eat. Tai replied that he wanted to eat porridge every day. That teacher said with a smile, "That's so easy to prepare." Tai then said that eating porridge is good for the stomach, and helps to improve the immune system. Tai even suggested other people to try.

When someone asked Tai how long he's going to live, he replied, "I want to live to 129 years old." Since Tai always encourages his students to live to 129 years old, he also wanted to live to 129 years old.

On the other hand, Tai has a family history of longevity. His great-grandfather died at the age of 109, when Tai was 21.

Tai's great-grandmother, Tai Chen Chan died at the age of 82. Tai's grandfather, Tai Yun, who encouraged Tai to develop his career in abacus mental arithmetic, and also one of most important people in his life, died at the age of 86, when Tai was 40. He's

grateful that his grandfather waited to see him establish his own enterprise in abacus mental arithmetic education and felt proud of his grandson. Tai's granduncle, Tai Hua, died at the age of 95. Tai's grandmother, Tai Shen Que, is 93 years old this year (2011). There were still many people who had helped him establishing CMA, such as Chen Wanfa, chairman of Children's Abacus Association, and Wu Wenhsiung, chairman of the Chung-hua Institute of Abacus Mental Arithmetic Education.

The establishment of Children's Abacus Association had greatly helped Tai. At the age of 33, he used to discuss with other directors about important decisions and opinions, promoting competitions and workshops of abacus mental arithmetic, served as judge in the competitions and as a lecturer, as well as participate in academic and research paper publication on abacus mental arithmetic, teachers for Advance Level of abacus arithmetic research, exam and competitions, etc. The association had helped him to enhance interpersonal relationships, organisational management in practical skills and communication. Other directors and members also provided him valuable suggestions on CMA's international franchise system, operation management, helping him to expand his vision and ambition.

Tai Chiang Ching said determinedly, "I couldn't have been successful without the help from the Children's Abacus Association."