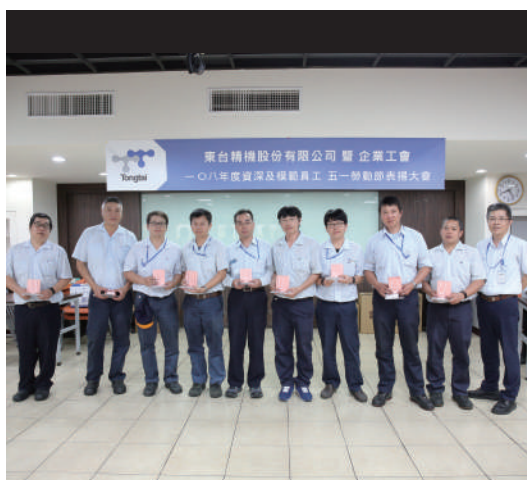


In Q2, Tongtai held many staff activities, especially for health improvement. We hope everyone can participate in the reward points activities more, and develop good life and exercise habits to cheer up our work and lives!!!

Labor Day activities

Senior & model employee appreciation conference

The "Senior and Model Staff Appreciation Conference" was held on April 30th. Before the event, all colleagues watched the 50th anniversary review film, reviewed the past great achievements. Then, Chairman Yen gave certificates of appreciation and a pure gold commemorative gift to senior staff. Thanks to these senior staff for many years of hard work as we look forward for all employees to create another 50 years.



"Speak out loud your work goals" sweepstakes

Tongtai stepped into 50th anniversary this year, so the company has a special Labor Day gift "MI wristband" for all employee to thank them for their hard work and assist in the good health of employees. Besides, Tongtai invited everyone to write down new goals for work on Labor Day greeting cards, and held a sweepstakes on 30th April. Chairman Yen picked out five winners, and read out their work goals to inspire everyone.



Top stories

New exhibition center in Saint Denis

TTGroup France has opened a brand new exhibition center in Saint Denis, Paris. The display space is equipped with the TD-2000BYC, VP-8 and CT-350, to let our many event was held with TT Group France business director Bernard Besse, Asia-Pacific with elite partner Gong Renxuan and others serving as ribbon-cutting VIPs. Local customers, foreign trade associations and representatives of the Taipei representative office all congratulated us on our booming business.



Shuzhou Tongyu's housewarming in May

Subsidiary Shuzhou Tongyu, Tianjin Branch, completed its relocation at the end of May. The new site is located at No. 39, Research and Development Industrial Park, Huike Road and Ruike Road, Shuanggang Industrial Park, Jinnan District. The T-TAC Technology Application Center will also be established at the new site to provide better sales and service to customers in North and Northeast China.



Exhibitions

Suzhou Tongyu exhibited a self-made HB-630u

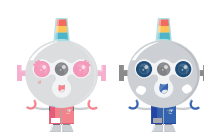
On April 15-20, Tongtai, Suzhou Tongyun and Honor Seiki, participated in Beijing China International Machine Tool Show CMT 2019. Suzhou Tongyu exhibited its horizontal machining center, HB-630u; Vertical Machining Center, VP-10u; tapping center, EZ-7u. The high rigidity HB-630u is specially designed for the automotive industry with high quality with reasonable price, to attract the attention of many buyers.



Tongtai was well received at MTE 2019

The Malaysia Metal Technology Expo 2019 began on April 24-27. Tongtai exhibited hot-selling machine, tapping machine VTX-5 and Vertical Machining Center, VP-6, and they were well received. The visitors were also interested and actively asked about the 5-axis Machining Center, CT-350. During the exhibition period, the booth was full of customers who gave great reviews.





TTGROUP

Aerospace total solutions In Paris Show 2019 attracted the market

TTGroup participated in the 2019 Paris Airshow on June 17-23 to actively seize the business opportunities of the aerospace industry. TTGroup was represented by Tongtai, Honor Seiki and APEC, presenting aerospace total solutions. Among them, APEC provided special processing solutions to meet the challenges of aerospace composite cutting and ever-changing needs of aerospace industry. At the exhibition, APEC shared global aerospace success cases, and attracted buyers from all over the world.



Events

Work and life balance activity held in Tongtai

The Ministry of Labor selects high-quality enterprises to hold the "Work and Life Balance" activities every year. This activity aims to support labor work and life balance. Tongtai was honored to be chosen as the visited enterprise for its leisure plans and places for employee. On June 14th, a total of 55 companies came to visit us to learn about Tongtai's work and life balance, as well as various health promotion activities, experience in education and training, etc. They all asked questions and expressed their appreciation.



Physical fitness test

On May 21st, the Safety Health Office held physical fitness testing activities to understand the body's softness, muscle strength and muscular and cardio endurance performances by sitting forward, one-minute sit-ups, and three-minute test. With better fitness comes better health with less susceptibility to illness, and enough physical strength to cope with heavy work. The Safety Health Office looks forward to all colleagues to learn more about themselves through testing and then develop a healthy lifestyle and exercise habits.



Let's join in health reward points activities

In order to help colleagues develop exercise habits, the Safety Health Office holds rewards activities, and now hundreds of colleagues have participated. You only need to accumulate 80 exercise points, and you have the chance to get an Air purifier, Body fat meter, Sonic electric toothbrush...etc. Now, please, continue to register, and let's join in !!



PIC:Ministry of Health and Welfare

Nurse column

18 tips to loss weight

1. Measure body weight/body fat at the same time every day
2. Take vitamin B group and calcium daily.
3. Please replace sugary drinks with water, sugar-free tea, and black coffee.
4. No fast-food and snacks.
5. No chicken skin, duck skin, pig skin, pig ears, bacon, fried food, pastry, pie, cream soup, and fast noodles.
6. Please chew slowly when eating. (more than 20 minutes)
7. Eat regularly and with proper quantity.
8. Eating order : vegetables→protein→starch. Do not take high-calories soup.
9. The preferred cooking methods are to steam, boil and bake.
10. Dinner no later than 18:30
11. Fruits are the best snacks, preferably: 1 large tomato, 8 small tomatoes, 1 small apple or half a big guava.
12. Never drink alcohol when at a party or banquet.
13. Exercise more after eating too much.
14. More stairs, less elevators.
15. Healthy weight loss should be reduced by only 0.5-1 kg per week.
16. The recommendation for a three-month weight loss goal : Reduce weight to 5-10% of the overall weight
17. Drink plenty of water (at least 2,000 cc per day), regular life routine, sleep for at least 7 hours
18. 7,700 calories is equal to one kilogram of calories.

