CURRICULUM VITAE

PERSONAL

NAME(姓名，含英譯)
謝宗霖 Tsung-Lin Hsieh

PROFESSIONAL APPOINTMENT (現職，含英譯)
2021.02-　宗齡運動藥局　負責藥師
2021.02-　新北市藥師公會　長期照顧委員會-委員

2021.02 – Present: Director, Zong Ling Sports Pharmacy
2021.02 – Present: Committee Member, Long-Term Care Committee, New Taipei City Pharmacists Association

EDUCATION(學歷)
2007-2010　國防醫學院藥學系學士
2016-2017　國防醫學院公衛系碩士

WORKING EXPERIENCE (經歷)
2010-2013　三軍總醫院　澎湖分院藥師
2013-2021　三軍總醫院　總院藥師

MAJOR RESEARCH AREA(研究領域)
1. 臨床藥學
2. 運動營養
3. 長期照護
4. 美國有氧體適能協會指導教練
5. 中華民國肌力與體能教練
6. Reflexive Performance Reset Certification LEVEL2

PUBLICATION(In the nearest 5 years)(發表、出版物)

<h1>智慧科技引領：AI 如何革新糖尿病運動管理</h1>
<h1>How AI Is Revolutionizing Exercise Management for Diabetes</h1>

謝宗霖

宗齡運動藥局　負責人

隨著人工智慧（AI）技術的進步，運動和健康管理也變得更聰明、更貼心。AI 的應用在運動領域為我們帶來了不少變革，尤其是對於糖尿病患者來說，這些技術的好處尤為明顯。利用智能穿戴設備，比如智能手錶和健身追蹤器，AI 能夠即時分析你的運動數據，並給予個性化的建議，協助制定最適合的運動計劃，這樣不僅能有效控制血糖，還能減少糖尿病相關併發症的風險。

AI 還能整合來自不同來源的健康數據，提供全面的健康評估。這些數據有助於專業人士制定更精確的健康干預方案，並幫助患者提高自我管理能力。透過 AI 驅動的虛擬教練和健身應用程式，用戶能夠獲得實時的指導與激勵，讓運動過程變得更有趣、更有效。總而言之，AI 技術在運動領域的應用，不僅讓運動變得更智能化，也顯著改善了健康管理的效果，對於糖尿病患者而言，這無疑是一大福音。

With the advancement of artificial intelligence (AI) technology, exercise and health management have become smarter and more personalized. AI applications in the field of exercise have brought about significant changes—especially for people with diabetes, who benefit greatly from these innovations. By using smart wearable devices such as smartwatches and fitness trackers, AI can analyze workout data in real time and provide personalized recommendations to help create the most suitable exercise plans. This not only helps effectively control blood sugar levels but also reduces the risk of diabetes-related complications.

AI can also integrate health data from various sources to provide a comprehensive health assessment. This data assists professionals in developing more precise health intervention strategies and helps patients enhance their self-management capabilities. Through AI-powered virtual coaches and fitness apps, users receive real-time guidance and motivation, making exercise more enjoyable and effective. In short, the application of AI in the field of exercise has made fitness smarter and significantly improved health management outcomes. For individuals with diabetes, this is undoubtedly a major breakthrough.