

What is TAI CHI?

For centuries the Chinese have started their day practicing Tai Chi Chuan. Emphasizing relaxed and graceful movements, Tai Chi is a unique combination of physical activity, relaxation, meditation, breath control and increased qi flow - all of which have potential for a wide range of benefits. Its **Physical motion** emphasizes balance, coordination, flexibility, and aerobic exercise. The relaxation aspect provides a peaceful, **meditative experience** with benefits for health, reduced blood pressure, stress reduction and tension release. **Integration of breathing** provides for both the health benefit of focused breathing, and associated relaxation effects. The **development of qi flow** (our life force) gives us a healthy energy balance and general well-being, according to Traditional Chinese Medicine.

BENEFITS OF TAI CHI

- Increased Strength
- Increased Flexibility
- Improved Posture
- Enhanced Balance
- Induces Relaxation Response
- Aerobic Workout
- Increased Feeling of Well Being and Confidence
- Arthritic Improvements
- Shortened Post Surgical Recovery
- Decreased Stress/Post Traumatic Stress Disorder
- Athletic Performance Improvements

BENEFITS OF TAI CHI FOR OLDER ADULTS

- All of the above and...
- Can start or continue at any age
- Non-competitive
- Increased socialization
- Minimal to no cost
- Reduced risk for falls and fall incidence
- Reduced perceived risk for falls
- Decreased "Fear of Falling" - #1 concern of older adults
- Increased internal focus of control
- Increased concentration
- Improved balance
- Improved joint range of motion

“The weight bearing exercises of Tai Chi have the potential to stimulate bone growth & strengthen connective tissue.”

-Arthritis Today, July-August 2000