


Tai Chi for Health

Tai Chi is a “mind-body experience/practice which was originally a type of martial arts, including Sun, Chen, and Yang Tai Chi Styles. Often Tai Chi is described as “Meditation in Motion”. There is growing scientific evidence that Tai Chi is helpful for various health conditions. These may include sleep issues, stroke recovery, heart disease, arthritis, diabetes and osteoporosis. By using the “mind-body” connection, a person can experience greater focus, flexibility, strength, and balance. Perhaps it will lower blood pressure and help relieve stress.



Health benefits of Tai Chi

- Brain**
Improves cognitive function in older adults
- Mood**
Relieves symptoms of anxiety and depression
- Connective flexibility**
Improves strength
- Cardiovascular system**
 - Significantly lowers blood pressure
 - Reduces the resting heart rate
- Joints**
Relieves arthritic pain

- Overall well-being**
Improves quality of life markers in healthy and chronically ill people
- Muscles**
Improves strength
- Immune system**
Improves immune function and reduce inflammation
- Bones**
Increase bone density and prevent fractures in elderly
- Balance**
Improves balance and reduces falls in elderly adults

Benefits: “Motion is lotion”

- Physical motion; weight bearing exercise improves bone density,
- Lessens pain, reduces stress, builds strength, flexibility, standing balance, and balance in general.
- Helps improve heart & lung function; deeper breathing, blood pressure, and internal functions.
- Mental awareness, increase focus builds confidence; can improve mood.
- Social experiences can be enhanced with the ongoing contact within a Tai Chi community.
- Inexpensive since no special equipment is needed. Low cost for classes.

Safety: Move slowly in your own comfort zones and modifications will be explained. If you are in pain, stop and let the instructor know. Avoid high risk movements and breath naturally. Other breathing techniques will be explained if needed. Chairs will be available if needed.

What to wear: Wear loose clothing and comfortable low soled shoes

What to bring: water/hydrating drinks for before & after session.

When: Weekly on **Wednesday** at **10:30 a.m.**

Instructor: **Ruthie Strong** 812-267-1478



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