

Common Benefits of Tai Chi

- ◆ Improves circulation
- ◆ Enhances Immune System
- ◆ Better balance and coordination
- ◆ Builds muscle strength
- ◆ Increases stamina
- ◆ Improves posture & mobility
- ◆ Reduces risks of falls
- ◆ Enhances flow of energy
- ◆ Promotes flexibility
- ◆ Improves stress management



Member

Tai Chi for Arthritis, Tai Chi for Diabetes,, and Tai Chi for Osteoporosis are Tai Chi for Health programs created by Dr. Paul Lam, M.D. of Sydney, Australia and his team of medical researchers and tai chi practitioners. Belinda Riddle, UT Extension Agent is a certified instructor of these programs.

For more information please contact:

Belinda Riddle

UT Extension-Coffee County

1331 McArthur Street

Manchester, TN 37355

931-723-5141

<http://coffee.tennessee.edu>



Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

Tai Chi for Health

SOLUTIONS For Living Well

Tai Chi for Arthritis

Tai Chi for Arthritis (TCA) is an exercise program consisting of gentle movements. Originally designed for those with musculoskeletal challenges, TCA is a favorite of many as a healthy exercise activity. TCA is based on the sun style tai chi and uses slow fluid movements to increase muscular strength and protect joints. By practicing gentle stretches and fluid motions individuals will gain a valuable tool to help relieve pain while improving strength, range of motion, and flexibility. Similar to walking with agile stepping for balance, these gentle exercises are safe over a wide range of conditions and abilities and works well to complement other therapies or treatments.



Tai Chi for Diabetes

Tai Chi for Diabetes (TCB) is designed to prevent and improve the control of diabetes. It is based on Sun and Yang style tai chi and is safe and easy to learn. Regular practice can reduce the risk of conditions associated with diabetes such as heart disease, visual impairment and stroke as it improves cardio-respiratory fitness, muscular strength, balance, peripheral circulation, reduced tension, and anxiety. TCD can be effective in managing peripheral neuropathy by improving balance and mobility.

Tai Chi for Osteoporosis

Tai Chi for Osteoporosis (TCO) is a special program that is easy-to-learn, safe and effective. The program includes warm-up, wind-down, special precautions and a set of 8 forms derived from Yang and Sun style Tai Chi. It helps to strengthen bones, improve balance and improve relaxation. Many studies have shown that tai chi reduces falls, improves balance and the ability to do daily activities.



18 Movements Tai Chi Qigong

Sometimes called Shibashi, this popular set is practiced by millions of people around the world. Masters Lin Houshen and Wei Chi He developed these movements at the Shanghai Hospital for people suffering from a variety of ailments. The popularity of these Tai Chi movements, performed in a repetitive set, has spread widely as a regular exercise regiment for health improvement and exercise. These routines are suitable for anyone of any age and can be done sitting or standing.
