

Overview of Tai Chi

Tai Chi is an internal martial art that has been practiced widely by Chinese people for over 1,000 years. A lot of scientific studies support its effectiveness as an alternative therapy and exercise.

When Tai chi is performed, 3 major components are working together —

- Movements
- Meditation
- Deep breathing



The Yin-Yang symbol is often associated with Tai Chi

Tai Chi: A proven alternative and complimentary wellness system

- The October 2009 issue of **Mayo Clinic Health Letter** calls Tai Chi a pathway to better health.
- The May 2009 issue of **Harvard Women's Health Watch** calls Tai Chi "meditation in motion." It states that this mind-body practice can help treat or prevent many age-related health problems and may be the perfect activity for the rest of your life.
- Among the people who are at least 65 year old and exercise 50 days or more a year, two categories of exercises dominate: aquatic activities and Tai Chi.
(sources: the 2009 survey by the Sporting Goods Manufacturers Association)

Contact your local Tai Chi instructor —

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Tai Chi for Health



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Highlights of Health Benefits

Western, scientific research has shown that Tai Chi can -

- Improve balance, flexibility and muscle strength
- Reduce falls in older adults
- Relieve chronic pain
- Improve sleep quality
- Alleviate symptoms of arthritis,
- Parkinson's diseases and fibromyalgia
- Lower blood pressure
- Improve cardiovascular functions
- Alleviate symptoms of asthma
- Increase energy and agility
- Reduce stress, anxiety and depression
- Improve overall feelings of well-being
- More ...

Scientific Studies and Recommendations

A few examples —

Mayo Clinic - In September 2011, a Mayo Clinic study, published by the American Journal of Health Promotion, recommends employers offer Tai Chi in their **wellness** programs.

Harvard - A study performed by Beth Israel Deaconess Medical Center of Harvard University shows that Tai Chi exercise can improve quality of life, mood, and exercise self-efficacy in patients with **heart failure**. This study is published in the April 2011 issue of Archive of Internal Medicine.

The American Geriatrics Society - In January 2011, the American Geriatrics Society recommended that all interventions for **preventing falls** should include an exercise component, and Tai Chi is one of the recommended exercises.

The American College of Rheumatology - In May 2012, the American College of Rheumatology (ACR) has issued new recommendations for the use of non-

pharmacologic and pharmacologic therapies in **osteoarthritis** of the hand, hip, and knee. Tai Chi is among those listed.

The New England Journal of Medicine

- In its February 2012 issue, an Oregon Research Institute study has shown significant benefits for patients with mild-to-moderate **Parkinson's disease** after the patients participated in 60-minute exercise sessions twice weekly for 24 weeks.

York University of Canada

- In December 2009, a study by York University of Canada shows that Tai Chi can help mitigate musculoskeletal disorders caused by extended computer use and provide a lift in mood. "The simplicity of Tai Chi makes it especially **beneficial for office workers**".

