

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



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.

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Tai Chi for Health

SOLUTIONS

For Living Well

Tai Chi for Arthritis &

Fall Prevention

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 (TCD) 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.



Sun Style 73

This form is a natural progression for those who know Tai Chi for Arthritis (TCA) Part I and Part II Included are some of the same movements plus many new and challenging ones. This class is open to individuals who have completed TCA I and II. No charge
