

Tai Chi for Health

www.longwatertaichi.co.uk

Benefits

Individually prescribed exercise is expensive. Tai Chi is a cost-effective therapeutic exercise and can be taught in mixed ability groups. Tai Chi for health is enjoyable and is practised by millions of people of all ages around the world, both for prevention of injury and illness and recuperation.

Studies have shown that while swimming and walking are excellent health exercises, they do not significantly reduce the risk of falling for older people. They do not have the same benefits regarding balance and stability as does Tai Chi.

- Tai Chi is a **low-impact exercise**.
- Tai Chi and its sister art Chi Gung have been **practised for health by many millions** of people over hundreds if not thousands of years.
- It is a weight-bearing exercise that can have **benefits to bones and balance**.
- Tai Chi **improves muscle strength, coordination and flexibility**.
- It **helps reduce risk of falls**, especially in elderly people.
- Tai Chi **helps reduce joint and back pain** and stiffness (eg arthritis).
- **Stress reduction** benefits are experienced **through relaxation** and meditative focus.
- Sense of **overall wellbeing is improved**.
- Tai Chi and Chi Gung are **suitable for all ages and abilities**.
- **Exercises can be done sitting** or standing.
- Group exercise **encourages positive socialising**.

Reviews and Studies

Interventions for preventing falls in older people living in the community

“Although considered to be a single category of exercise intervention, Tai Chi also contains a combination of both strength and balance training. There is evidence that Tai Chi can significantly reduce both rate of falls... and risk of falling”.

<http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD007146/frame.html>

American College of Rheumatology Annual Scientific Meeting

“Tai chi is effective in the treatment of pain and physical impairment in people with severe knee osteoarthritis”

<http://www.newswise.com/articles/view/545482/>

Tai Chi and health-related quality of life in nursing home residents.

“The inclusion of Tai Chi exercise in elderly residential care practice is recommended.”

[Lee LY, Lee DT, Woo J. - J Nurs Scholarsh. 2009 Mar;41\(1\):35-43.](#)

Qigong Ameliorates Symptoms of Chronic Fatigue

“Qigong seems to improve factors related to chronic fatigue such as sleep, pain, mental attitude and general mobility after 3 and 6 months.”

[eCAM Advance Access published online on August 1, 2007](#)

Longwater Tai Chi

Longwater Tai Chi currently holds regular classes and workshops in Wilton, Salisbury, Downton and Fordingbridge. Teachers Patrick Foley and Jane Launchbury have over 18 years experience of Tai Chi and Chi Gung practises. See our website for details.