

Tai Chi for Arthritis

What Is Tai Chi?

Tai Chi originates from ancient China, nowadays it is practiced throughout the world as an effective exercise for health. Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone.

How Does It Work?

Health and exercise experts advise that an exercise program for people with arthritis should incorporate exercises that improve muscular strength, flexibility, and fitness. Tai Chi is proven to improve all of these components. It also has many additional benefits including improved relaxation, balance, posture, and immunity.

Muscle strength is important for supporting and protecting joints, which will reduce pain.

Flexibility exercises also help to reduce pain and stiffness, enabling you to move easier.

Stamina or fitness is important for overall health and proper function of your heart, lungs, and muscles. Doing every day tasks such as climbing stairs or walking to the shops will be easier with good stamina.

Tai Chi movements emphasise the importance of weight transference, which helps balance and prevents falls.

Tai Chi is designed to enhance Qi. Traditional Chinese medicine believes that Qi is the life energy essential to good health and longevity.

What Are the Benefits?

Tai Chi is enjoyable and has been shown to improve many aspects of health. Tai Chi:

- Helps to relieve pain and stiffness
- Relieves stress
- Improves concentration
- Improves balance
- Improves posture
- Improves heart and lung function
- Enhances the flow of Qi
- Integrates body and mind

“Tai Chi for Arthritis” Program

Tai Chi is known in China for centuries to be effective for arthritis. There are different forms of Tai Chi, a specially designed program for arthritis has many advantages.

In 1997, Dr Lam led a team Tai Chi and medical experts to design this program based on Sun style Tai Chi. It is easy-to-learn, safe and effective. A recent randomized study (2001) conducted by three universities in Korea has shown the program to relieve pain, improve quality of life and is safe.

The program includes warm-up, wind-down, Qigong exercises, special precautions and a set of 12 movement Tai Chi. Sun style is especially beneficial for arthritis because it contains powerful Qigong exercises to enhance healing, agile steps to improve mobility and much depth to hold learner's interest.

Dr Lam and his authorized master trainers conduct instructor's workshop worldwide for suitable participants.



Your Certified Instructor

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Schedules/Programs on www.fremontohioymca.org

Tai Chi for Arthritis at the YMCA is taught in alternating 7-week sessions. Participants can begin in either session, and will learn all 12 forms by taking two sessions. Outreach classes are available for groups of seven or more-at your location, at your choice of time!