



BOUNDLESS POTENTIAL LIVING

Ease and well-being, whatever the challenge

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The Benefits of Tai Chi

Some Results You Can Expect

A review published in the *Archives of Internal Medicine* looked at 47 studies on the effects of Tai Chi and concluded:

- This ancient Chinese discipline has *physical and psychological benefits*
- Tai Chi is safe and effective in promoting balance, flexibility, and cardiovascular health, and is particularly valuable for older people with chronic health conditions
- Older people practicing Tai Chi may improve their balance, **strength**, and flexibility and lessen their chance of falling.
- Studies also found that Tai Chi can decrease pain, stress, and anxiety in healthy patients

How Tai Chi Can Help You

Researchers who have studied Tai Chi have reported benefits for everyone, including patients who have heart disease, respiratory problems, high blood pressure, arthritis, and multiple sclerosis.

The three main elements of Tai Chi are *movement, breathing, and meditation*. Here's how these practices can benefit health:

- **Fitness and flexibility.** Because Tai Chi is a weight-bearing form of exercise and will use all your major muscle groups, it improves
 - Strength and endurance
 - Balance, agility, coordination, and flexibility
- **Heart and respiratory health**
 - Benefits heart function and may lower your cholesterol. Tai Chi breathing exercises increase your lung capacity and improve circulation of oxygen.
- **Mental health.** Research shows that meditative aspects of Tai Chi can help relieve stress, improve concentration, and lower blood pressure and heart rate.
- **Overall well-being.** Tai Chi may improve your digestion and your immune system, and help you sleep better. People who practice Tai Chi regularly often report an overall feeling of improved wellness. Results of two randomized controlled trials found that older adults who participated in a 16-week or 6-month tai chi program reported greater psychological well-being, life satisfaction, and positive perceptions about their health than a control group not participating in Tai Chi.