

Is Tai Chi Right for Me?... Yes!

Tai Chi is a traditional Chinese mind and body practice. It combines meditation with deep breathing, relaxation, and gentle movements into a highly regarded form of “meditative motion”. It is a gentle exercise that helps strengthen both body and mind. The moves of Tai Chi gently and increasingly encourage improvements in strength, balance, flexibility, and mindfulness.

Tai Chi has been shown to provide greater cardiopulmonary, orthopedic and psychological health. For example, patients with painful knee osteoarthritis, found tai chi as helpful as physical therapy in reducing pain and improving physical functioning. Furthermore, Tai Chi participants had more improvement in mood and quality of life than the physical therapy participants¹.



Tai Chi has also been found to aid in the battle of Parkinson’s disease - even in patients with advanced disease who are chair bound and only able to do upper body and arm movements². Tai Chi is such a versatile exercise that it can be practiced on one’s own, through DVD or online video learning. However, there are many additional benefits from learning and practicing Tai Chi in a group class activity.

Example resources include:

Amazon.com:

“T’ai Chi for Health Yang Short Form with Terence Dunn”³

“Scott Cole: Discover Tai Chi For Balance and Mobility-Exercise for Seniors & Older Adults”⁴

Youtube:

“TaiChi17app: Practice With Me”⁵

Locally, there are many Tai Chi classes available some at little to no cost:

The Taoist Tai Chi Society:

An international non-profit organization offering local beginner and advanced classes. (This organization requests “suggested donations” but requires no specific monthly dues).

www.taoist.org/usa/locations/lexington

Charles Young Senior Center: 859-246-0281.

Center for Creative Living: 859-278-6072.

The Beaumont YMCA: 859-219-0206 www.ymcacky.org/programs/tai-chi

1. <http://annals.org/article.aspx?articleID=2523532>

2. <http://ebm.bmj.com/content/18/1/e2.extract>

3. <https://www.amazon.com/Tai-Chi-Health-Short-Terence/dp/B0002ZDR7Q>

4. https://www.amazon.com/Scott-Cole-Discover-Mobility-Exercise/dp/B0046ZE3OE/ref=sr_1_1?s=movies-tv&ie=UTF8&qid=1472355830&sr=1-1&keywords=Scott+Cole%3A+Discover+Tai+Chi

5. <https://www.youtube.com/watch?v=1PNjVTM0Zto>