

Transforming Tradition into Therapeutic Exercise and Rehabilitation

What is Tai Chi?

Tai Chi (pronounced Tie-Chee) is a gentle form of physical activity ideal for seniors who have uncertain balance and a fear of falling.



If you're looking for a way to reduce stress, consider Tai Chi. Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Tai Chi may be done sitting down and adapted for those with special needs including people in wheelchairs.

Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for fall prevention, stress reduction and to help with a variety of other health conditions.

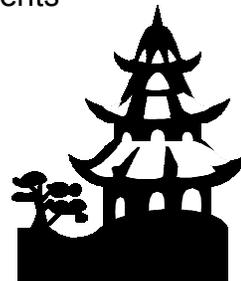
What does Tai Chi do?

Seniors have noticed relief from “nerves” and spells of anxiety. Stress seems to ease, or in some cases, disappear. People report that life is more calm and serene; many headaches and backaches disappear. Pain from arthritis and other joint or circulatory diseases is significantly lessened. The gentleness of the movements helps promote the development of confidence and strength. This confidence helps reduce the “fear of falling” that many people have.



12 Week Schedule Two days per week

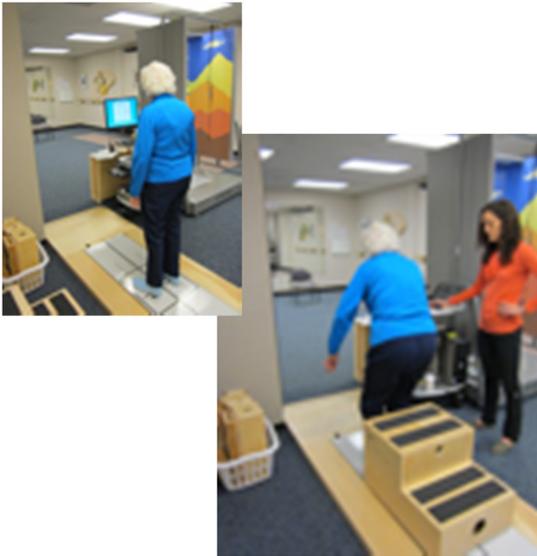
- **Weeks 1—4**
3-5 mini therapeutic movements
3-4 forms from the 8-form routine
Introduction to seated and transitioning forms
- **Weeks 5—8**
Practice seated and sit-to-stand transitioning movements
Practice the 5 Mini Movements
3-4 additional forms from the 8-form routine
- **Weeks 9—12**
Practice seated and sit-to-stand transitioning movements
Practice all 5 Mini Movements
Practice all 8 forms
as a routine



In a nut shell

- Tai Chi can build strength
- Tai Chi promotes socialization
- Tai Chi is done at your own pace
- Tai Chi can be done sitting down
- Tai Chi promotes a healthy lifestyle

Free to qualifying communities



Classes will begin soon!

If you are interested,

Please call Liliana at 561.684.5885

Ext. 59237 or

email LHerrera@YourADRC.org

Tai Chi is recommended by the American Geriatric Society and the British Geriatric Society as a fall prevention exercise program for older adults and has become widely accepted as a balance training program. It has been specifically recommended by the Centers for Disease Control and Prevention and the Administration on Aging

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**Are you afraid of
falling?**

Let's try Tai Chi

**An Evidence-Based
Fall Prevention Program
for Older Adults**

