

## OVERVIEW OF TAI CHI

Tai Chi is an internal martial art that has been practiced widely by Chinese people for over 1,000 years. A lot of **scientific studies support its effectiveness** as an alternative therapy and exercise.

When Tai chi is performed, 3 major components are working together —

- **Movements**
- **Meditation**
- **Deep breathing**



The Yin-Yang symbol is often associated with Tai Chi

## TAI CHI GAINING POPULARITY

- At least 2.5 million people in the U.S. used Tai Chi (source: the 2002 National Health Interview Survey).
- American people spent \$4.1 billion on Yoga, Tai Chi and/or Qigong classes in 12 months (source: the 2007 National Health Interview Survey).
- Among the people who are at least 65 year old and exercise 50 days or more a year, two categories of exercises dominate: aquatic activities and Tai Chi. (sources: a 2009 survey by the Sporting Goods Manufacturers Association)

For more information about Tai Chi or Tai Chi classes near you , please contact your local Tai Chi instructor —

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## TAI CHI FOR HEALTH



#### Disclaimer

The information in this brochure is provided for educational purposes only. We do not directly or indirectly practice medicine or provide medical advice, and nothing in this brochure is a substitute for medical advice, diagnosis or treatment.

# TAI CHI FOR HEALTH



## Highlights of the Health Benefits

Preliminary scientific researches show that Tai Chi can -

- Improve balance, flexibility and muscle strength
- Reduce falls in older adults
- Relieve chronic pain
- Improve sleep quality
- Lower blood pressure
- Improve cardiovascular functions
- Alleviate symptoms of asthma
- Increase energy and agility
- Reduce stress, anxiety and depression
- Improve overall feelings of well-being

## How Tai Chi Benefits the Health

When Tai chi is performed, 3 major components are working together —

**Movements** -- When doing Tai Chi, individuals feel the ground with their feet, sink their weight to the ground, and maintain good body alignment to promote stability and balance. Movements flow from one to another, with body weight shifting from the right leg to left leg to balance the empty and full feeling.

**Meditation** -- While performing the gentle and slow Tai Chi movements, individuals keep their mind calm and alert, concentrating on the inner self.

**Deep breathing** -- With the flow of the movements, individuals exhale stale air and toxins from the lungs, inhale a plentitude of fresh air, stretches the muscles involved in breathing, and releases tension. This way, the entire body is supplied with fresh oxygen and nutrients.

The 3 Tai Chi components can -

- Massage the internal organs.
- Aid the exchange of gases in the lungs.
- Help the digestive system work better.
- Increase calmness and awareness.
- Improve balance.

## Safe and Convenient to Do Tai Chi

- Tai Chi movements are gentle and slow, so they are low-impact exercises.
- Tai Chi does not conflict with medical treatment.
- People do not need equipment or a special place to do Tai Chi.

