

## 5 Reasons Why Your Mind & Body Will Love Tai Chi

Characterized by slow, fluid and mindful movements coordinated with relaxed breathing, Tai Chi is an exercise that heals both the body and the mind. Experts who have studied tai chi say its benefits are vast and hard to oversell. Is this gentle yet effective form of exercise right for you? Here are five reasons why you may want to try a class to find out for yourself.

### 1. **Tai Chi alleviates and mitigates the symptoms of many chronic conditions.**

Referred to as “medication in motion”, Tai Chi provides research supported healing and relief for those with chronic conditions including arthritis, diabetes, depression, anxiety, migraine headaches, COPD, heart disease, inflammation, insomnia, fibromyalgia, Parkinson’s disease and autoimmune diseases as well as reduces stress, increases strength, mobility, balance and endurance. Respected medical groups view tai chi as a viable complementary medical therapy when used with doctor or therapist approval. Dr. Peter M. Wayne, Associate Professor of Medicine at Harvard Medical School notes, “A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions associated with age.”

### 2. **Tai Chi improves balance and prevents falls.**

According to the CDC, falls are the #1 reason individuals age 45 and older visit the emergency room. The New York Times has reported that a review of studies in The Journal of the American Geriatric Society found that **tai chi reduced the incidents of falls by 43%**.

### 3. **Tai Chi enhances memory and brain function.**

Tai chi benefits the brain’s hippocampus, where memories are processed. An international study conducted by a team of neurologists from Florida and Shanghai found that individuals who practiced tai chi three times a week increased brain size and improved their scores on psychological tests for cognition and memory. No such results were seen in the control group that had no intervention. They note that their findings suggest **tai chi improves memory and may help delay the onset of dementia.**

### 4. **Tai Chi can help you lose weight and strengthen your body.**

Don’t let the slow gentle moves fool you! 30 minutes of tai chi burns the same number of calories as 30 minutes of brisk walking. Tai chi works all parts of the body and strengthens and tones incrementally without the pain or stress associated with high-impact work-outs. Dr. Michael Irwin, director of the Mindful Awareness Research Center at UCLA has observed **improved immunity to viruses** and improved vaccine response among tai chi practitioners. Tai chi improves the fitness and endurance of the heart and lungs of healthy adults as well.

### 5. **Tai Chi is fun and has no barriers!**

Tai chi can be practiced regardless of age, physical ability or fitness level. It requires no special equipment, facilities or attire and can be done anywhere either standing or seated in a chair. Tai chi’s numerous styles and forms can be practiced for a lifetime of health and wellbeing.

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For more information and class schedules please visit: [www.taichiwellbeing.com](http://www.taichiwellbeing.com)