

Tai Chi for Health

- What if you could perform your everyday tasks a little easier due to increased muscle strength, coordination and flexibility?
- Are you interested in improving your balance and lessening your risk for falls?
- Does a gentle exercise that helps to relieve stress and improve overall wellness sound good to you? If so, tai chi may be just what you're looking for!

This evidence-based program, designed by Dr. Paul Lam in conjunction with medical and tai chi experts, is easy to learn and proven effective for almost anyone of any fitness level. Just a few general notes:

1. This is a progressive exercise. If you're new to the program, please start with the **Beginning Workshop**, found on our website at www.blairsenior.org under the Senior Centers heading. <https://www.blairsenior.org/tai-chi-for-health/> Practice the beginning movements until you are comfortable with them. When you are ready, you can progress to the Advanced Workshop.
2. Practice in a comfortable and safe environment, free of obstacles and slipping or tripping hazards such as loose mats.
3. Wear comfortable clothing and flat, well-fitting shoes.
4. Begin your session with the warm-up exercises and end with the cool-downs. These help to loosen up the body, helping to prevent pain and injury, as well as focus the mind.
5. Always listen to your body, stay within your comfort zone, and modify the moves to fit your individual range of motion.
6. If you have a medical condition, please consult with your doctor to see if any precautions need to be taken.
7. We encourage you to use a chair for stability if you need to - for support while standing or to sit and do the movements.
8. No special equipment required!

Through regular practice, you can develop your tai chi skills and begin to realize the potential health benefits. Thanks for joining us. Enjoy your tai chi journey!