



## Tai Chi Benefits: Evidenced Based, Research Proven

### General

Tai Chi is “Medication in Motion”  
--Harvard Women’s Health Watch 1

“The [Mayo Clinic Health Letter] Special Report on “Lifelong Exercise” covered five different and important kinds of exercise – aerobic, strength training, core stability, flexibility and balance. Tai Chi bring[s] these elements together into a unified form of exercise.”  
--Mayo Clinic 2

### Balance

“After adjusting for fall risk factors, Tai Chi was found to reduce the risk of multiple falls by 47.5%.”  
--Emory University School of Medicine 3

“Tai Chi participants who showed improvements in measures of functional balance at the intervention endpoint significantly reduced their risk of falls during the 6-month post intervention period.”  
-- Medical Science Sports and Exercise 4

“Tai Chi involves a conscious awareness of your stance, alignment and balance with attention to footwork so that you know at all times where your feet are in relation to your body.”  
--Mayo Clinic 2

“95.65% of participants reported balance as one of the reasons they attend the TC4HB program. Participants reported a 27.17% gain in their overall balance and a 25.93% gain in confidence of their balance.  
--Movement Arts Institute 16

### Pain

“Tai Chi patients had improved physical condition, confidence in moving, stress reduction, increased body awareness, balance and less pain during exercise and in daily life.”  
--BMC Musculoskeletal Disorders 5

“The six weeks of group tai chi followed by another six weeks of home tai chi training showed significant improvements in mean overall knee pain, maximum knee pain and the WOMAC subscales of physical function and stiffness compared to the baseline. All improvements disappeared after detraining.”  
-- Texas Tech University 6



“(TC4HB)Participants reduced their pain in the top reported categories by 30-61%. 36.95% of participants reported back pain and achieved an average pain reduction of 43.14%. Shoulders were the next most reported problem and participants reported improvement of 30.00%. Neck, Legs and Hands were the other top reported conditions with pain reductions of 42.59%, 33.33% and 41.67% respectively.”

--Movement Arts Institute 16

## Brain Growth/Memory Improvement

“Participants in the Tai Chi groups showed significant increases in total brain volume over the intervention period as well as improvements on several neuropsychological measures.”

-- Journal of Alzheimer’s Disease 7

## Sleep

“Subjects in the Tai Chi Chih condition were more likely to achieve a treatment response. Significant improvements were noted in sleep quality, sleep duration, and sleep disturbance.”

--Sleep 8

## Weight Loss/Aerobic

“A 150lb person can burn 270 calories in an hour,” doing Tai Chi.

--Reader’s Digest 9

“Tai Chi show[s] a beneficial effect aerobic capacity in older individuals, but Tai Chi displays a better training effect than Qigong due to its higher exercise intensity.”

--American Journal of Chinese Medicine 10

## STRESS & DEPRESSION

“Improvement in mood state and reduction in perceived stress were found.”

-- Journal of Advance Nursing 11

“Subjects in the Tai Chi Chuan condition were more likely to show greater reduction of depressive symptoms and to achieve a depression remission.

--American Journal of Geriatric Psychiatry 12

## Balance for Parkinson’s Disease

“The tai chi group performed consistently better than the resistance-training and stretching groups in maximum excursion and in directional control.”

-- New England Journal of Medicine 13



## Blood Pressure

“After 12-weeks of Tai Chi training, the treatment group showed decrease in systolic blood pressure and diastolic blood pressure.”

-- Journal of Alternative and Complementary Medicine 14

“(TC4HB)Participants reported an improvement in their blood pressure of 24.03% with 47.82% of participants reporting a problem with Blood Pressure.”

--Movement Arts Institute 16

## Blood Sugar/Diabetes

“There were significant improvements in four of the seven indicators of metabolic syndrome including BMI, waist circumference, and systolic and diastolic blood pressure. There were significant improvements..., as well as in, insulin resistance, stress, depressive symptoms, mental health and vitality.”

-- University of Queensland 15

“Participants reported improvement in their Blood Sugar regulation of 33.33% but only 17.39% of participants reported a problem with Blood Sugar/Diabetes.”

--Movement Arts Institute 16



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