

Tai Chi for Arthritis/Health



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

Tai Chi for Arthritis/Health is a 1-hour class led by a trained instructor. Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things. It's easy and fun to learn. Tai Chi consists of slow continuous whole-body movements, strung together in a form. Like dance, the movements are learned and follow one after the other.

Tai Chi for Arthritis/Health incorporates exercises that improve muscular strength, flexibility and fitness. The Tai Chi for Arthritis/Health program also focuses on weight transference, which improves balance and prevents falls. Anyone 65 and older is welcome to join!

PROGRAM BENEFITS

Tai Chi for Arthritis/Health incorporates exercises that improve muscular strength, flexibility and fitness. The Tai Chi for Arthritis/Health program also focuses on weight transference, which improves balance and prevents falls.

WHAT IS PROVIDED TO PARTICIPANTS

Participants will learn Tai Chi movements in a fun, non-threatening environment.

RESOURCES

- Tai Chi for Health Institute website:
<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis>
- Tai Chi for Arthritis and fall prevention;
<https://taichiforhealthinstitute.org/tai-chi-for-fall-prevention>

FOR MORE INFORMATION ON THIS PROGRAM

Sally Aerts, PT, MPH
saerts@utah.gov

WHY IS THIS IMPORTANT?

- Tai Chi for Arthritis/Health is an excellent exercise program for older adults who are at low to moderate fall risk.
- It is a great class for adults who may not be regular exercisers because the small group format is non-threatening, and the moves are easy and fun to learn.

SOURCES

1. Tai Chi for Health Institute program information and research:
<https://taichiforhealthinstitute.org/programs/tai-chi-for-arthritis/>
<https://taichiforhealthinstitute.org/tai-chi-for-fall-prevention/>
2. National Council on Aging Tai Chi for Arthritis/Health Program Information:
<https://www.ncoa.org/resources/tai-chi-arthritis-program-information-guidance/>

INFORMATION

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livingwell@utah.gov
1-888-222-2542

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