

Tai Chi for Fall Prevention

The Center for Disease Control and Prevention (CDC.gov) recommends Tai Chi for Arthritis/Fall Prevention programs as a proactive activity to prevent falls because of medical evidence and its established training methods. The program is identified by the Administration of Aging as a highly effective program for health.

Studies have shown that tai chi improves overall health fitness and a healthy mind. Older adults who are more confident in their balance have a less chance of falling.



Class Information

- Classes are at Escanaba Senior Center, Gladstone Senior Center and at studio.
- Fee prices are for sessions.
- Wear loose fitting, soft and friendly clothes, and flat, well fitting shoes.
- Please consult your medical professionals before starting a new exercise program.

Current Student Comments

“I have asthma and in the past have had yearly bouts of pneumonia. Since taking up tai chi a few years ago, I have had better control of my asthma. Tai Chi has improved my balance, both in body and in life.” —G.F.

I find that even small changes in the way one stands or relaxes the shoulders can ease pain. Tai chi helps me to relax with deep breathing and gain better balance. for health reasons only. — F.T.

Who is Community Tai Chi?

Cathi Knauf, BSN, has over ten years of experience teaching tai chi. In 2011 she was selected as a Senior Trainer and in 2015 is now a Master Trainer with the international Tai Chi For Health Institute promoting health and wellness tai chi programs.

Weekend workshops include Tai Chi for Health Programs Certified Instructor courses and other tai chi, qigong styles.

She teaches Tai Chi For Arthritis, In Depth & Seated and Fall Prevention; Tai Chi for Diabetes; Arthritis Foundation Tai Chi Program; Chinese Medical Qigong, Sun 73 form, Yang style 24 and 40 form and the combined 42 style.

Cathi is a partner with the Arthritis Foundation Exercise Alliance, Michigan Chapter and is a member of the Tai Chi for Health Community.



Tai Chi for Arthritis Sun Style Tai Chi

A Center for Disease Control approved program for Balance and Fall Prevention



**Studio Located in the
Penstar Office Center**
Suite 219

1401 North 26th Street
Escanaba, MI

Phone: (906) 280-1083

Fax: (906) 786-4300

Email: cathi@communitytaichi.com

Web: www.communitytaichi.com



What is Tai Chi?

Tai chi originates from ancient China and is now practiced throughout the world as a very effective exercise for health. Tai chi consists of a series of slow, fluid, gentle movements. Breathing is slow, relaxed, and deep to aid concentration. Tai chi can be done almost anywhere and is suitable for just about anyone.

What is Tai Chi for Arthritis?

Tai Chi for Arthritis/(TCA) is a safe and effective program designed to improve the quality of life for people who are interested in a joint friendly exercise program.

Based on Sun style tai chi, TCA is particularly supportive of joint health because of its agile steps— whenever one foot moves forward or backward the other foot follows, and high stances. This helps with balance, thigh strength and is more comfortable to learn. It contains unique and powerful Qigong movements that are especially effective for healing and relaxation.

Tai Chi for Arthritis is designed by Dr. Paul Lam and his team of tai chi and medical experts.



What Are the Benefits?

Consistent Tai Chi practice **improves:**

- *Balance and reduction of falls
- *Fitness and stamina
- *Muscular strength and flexibility
- *Increased Immunity
- *Levels of pain and stiffness
- *Relaxation and ability to cope
- *Posture and body awareness
- *Concentration, focus and memory
- *Feelings of well being
- *Sleep

☯ TCA is a CDC approved fall prevention program because the movements emphasize the importance of weight transference, which helps balance, prevents falls, and helps to reduce the fear of falling.

☯ Traditional Chinese medicine believes that Qi is the life energy that circulates throughout the body, performing many functions to maintain good health.

☯ TCA has been proven by clinical studies to be effective and safe for people with all types of arthritis.

*Based on documented research; and advice from health and exercise experts on what constitutes as an effective exercise program.

Who Can Participate?

Anyone can learn tai chi. No one is too old or too young or even too uncoordinated.

Everyone learns at their own pace and comfort level. Many participate to reduce falls, cross train and to complement other exercise programs.

Anyone can benefit from this class, including those interested in maintaining healthy joints and strengthen legs to prevent falls.

Tai Chi for Arthritis is designed for all ages who have mild to moderate joint involvement. It is also appropriate for individuals not affected by arthritis who may want to begin a joint friendly program or want to prevent falls.



Sunstyle Tai Chi

Tai Chi for Arthritis is progressive so participants can sit, stand or a combination during the class. Participants who use canes, walkers and wheelchairs can do TCA.

The class may include people with mild to moderate arthritis, fibromyalgia, rheumatoid arthritis, osteoarthritis, back problems, other chronic conditions, or those who have not exercised in some time.