

Tai Chi for Diabetes Instructor Training Workshop

By Jennifer Chung, Master Trainer

What is Tai Chi for Diabetes?

Tai Chi for Diabetes is a form of Tai Chi, specially designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Sun and Yang style Tai Chi, it is easy to learn, effective and safe. Designed to prevent and improve the control of diabetes, the program will help to improve flexibility, muscle strength, increase heart/lung activity, align posture, improve balance and integrate the mind and body

How Does It Work For Diabetes?

Exercise can help people with diabetes by improving the control of blood glucose level, as well as indirectly by minimizing the complications of diabetes.

As an exercise, it is reasonable to assume Tai Chi will help improve cellular uptakes and glucose metabolism. There are other advantages of doing Tai Chi, it is proven to have high compliance, people who learn Tai Chi tend to continue doing it for years. The mental training of Tai Chi is effective for relaxation, which is especially beneficial to people with diabetes. Evidences have shown that Tai Chi improves fitness, hypertension, muscular strength, flexibility, balance, relaxation and cholesterol level.



What will I learn from the course?

With a knowledge of Tai Chi for Diabetes, you'll be able to help those who have diabetes. It will also contribute to your own health and enjoyment.

During the two-day workshop, participants will gain background knowledge of Tai Chi and diabetes, learn the program and how to teach it. Participants will also have the opportunity for group interaction as well as personal guidance from Dr. Lam or his Master Trainers.



About Diabetes

"An excellent program with great instructors. The information from Alan regarding diabetes was very informative." - Lynne Lane, Fairlight, NSW, Australia

"The course provided everything needed to start and run a class. It was very enjoyable and worthwhile. With personal continued practice for a week, I would be confident to add this routine to my classes." - Greg Maitland, Booker Bay, NSW.

"Paul has great group control and is a very professional/friendly presenter. Created a wonderful atmosphere and was willing to listen. Also would like to thank Pat for her patience and friendliness." - Julie Spink, Asquith, NSW.

Other requirements

Anyone with or without tai chi experience can attend this workshop provided there are no medical problems precluding you. BUT to be eligible to receive an instructors/leaders certificate you are required to:-

- Learn the DVD to the best of your ability prior to attending the workshop
- Read the Tai Chi for Diabetes Handbook
- Complete an application form and questionnaire and return to the local organizer two weeks prior to the workshop
- Hold a current certificate of an accredited first aid course or similar qualification e.g. RN or MBBS
- Continue to practice and come back for updates every two years
- Pass a written test

Have one of the following qualifications:-

- Tai Chi teacher
- Advanced Tai Chi Student
- Physiotherapist or Physical Therapist
- Occupational Therapist
- Health Professional (nurse, doctors, traditional therapist)
- Accredited/Certified Exercise Instructor
- Nurse
- Diabetes Educator
- Other similar qualifications

For Registration:

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