

## What is Tai Chi for Arthritis?

Tai Chi for Arthritis is an enjoyable exercise that can relieve your pain, improve your health and your ability to do things. What is more, it is easy to learn almost anyone can do it. In fact, many people who learn the form, like it so much that they continue to practice and enjoy the benefits of Tai Chi for years.



The special feature of Tai Chi for Arthritis is that it is easy and enjoyable to learn, bringing with it the many benefits safely and quickly. Since then, medical studies have shown this program help people with arthritis reduce pain and improve on many aspects of health. For this reason, the foundations of arthritis around the world are giving it their full support.

### 什么是关节炎太极拳?

这套改良型孙式太极拳，是针对关节炎患者所研发。

共有十二个招式，一套完整的暖身和运动后的静身活动



### What are the benefits and how does it work?

As an effective program for people with arthritis, Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility and fitness.

- Muscle strength is important for supporting and protecting joints. It is essential for normal physical function.
- Flexibility exercises enable people to move more easily. Flexibility also facilitates the circulation of body fluid and blood, which enhances healing. Many arthritic conditions such as fibromyalgia, scleroderma and spondylitis are characterized by joint stiffness and impaired physical function. Tai chi gently frees up stiff joints and muscles.
- Fitness is important for overall health and proper functioning of the heart, lungs and muscles. Tai Chi for Arthritis can improve all of these components.

The Tai Chi for Arthritis program also focuses on weight transference, which improves balance and prevents falls. Additionally, tai chi practice helps to relieve pain and reduce stress This is accomplished in various ways.

First, increasing muscular strength helps to protect the joints, thereby reducing pain.

Second, improved flexibility allows for better blood and joint fluid circulation, which also leads to less pain.

Third, tai chi is a mind body exercise, which improves the serenity and relaxation of the mind and thus reduces pain and stress. As a result, those who practice tai chi often experience less depression and enhanced immunity.

Tai Chi is designed to enhance Qi. Traditional Chinese Medicine believes that Qi is the life energy essential to good health and longevity. Tai Chi for Arthritis is especially effective because of its powerful Qigong exercises to enhance healing.

Several Studies have shown people with arthritis who practiced this program have had pain relief and improve physical function.

### 关节炎太极拳的益处:

缓慢和柔和的太极拳动作能**舒展关节**和四周的肌肉和组织，增加关节灵活性，避免关节僵硬

太极拳运动有效的**强化肌肉**，增加柔韧度，因此能更好的支撑和保护关节，减少疼痛，避免关节变形

太极拳运动**增进肢体配合**,手脑并用，明显的增加平衡感，也减少跌倒的机率

太极拳运动讲究身心合一，集中精神，**因此能松懈精神，减轻压力**，增强意志力，改善生活素质

运动能改善心血管系统的机能，帮助血液循环，发展呼吸系统机能，提高肺活量和提高代谢能力

Please contact Jennifer @9666 3375 for more detail

Email: [taichisjy@gmail.com](mailto:taichisjy@gmail.com), [jennifer@taichi.sg](mailto:jennifer@taichi.sg)

Web Site: <http://taichi.sg>, <http://taichiforhealthinstitute.org>