

What is Tai Chi for Diabetes?

Designed to prevent and improve control of diabetes.

This program is designed to help people with Diabetes to gain **better control, minimize and prevent complications** through exercises that strength the physical as well as mental being.

Dr. Lam, together with a panel of medical and Tai Chi experts, designed the easy-to-learn, safe and effective program based on scientific evidence.

Tai Chi is proven to **reduce stress, increase muscle strength, lower blood pressure and improve general fitness**, thus minimizing the complications of Diabetes.



Benefits of Practising Tai Chi for Diabetes:

- To improve health and quality of life for people with diabetes
- To prevent people from developing diabetes
- A gentle and relaxing exercise to enjoy and improve the condition
- An excellent introduction to tai chi to gain the many health benefits of tai chi.



- **Features**

- Designed to prevent and improve control of diabetes by gently increasing physical activities, cellular uptake of glucose and relaxation. It enhances Qi (life energy), which according to traditional Chinese medicine will help control diabetes. For people who don't have diabetes, practicing it could prevent diabetes, or just improve fitness and health.
- The program is supported by Diabetes Australia
- This specially designed program by medical and Tai Chi experts focuses on the health benefits of people with diabetes. suitable for people with no prior knowledge of Tai Chi, it is safe and easy-to-learn.
- According to traditional Chinese medicine, enhancing life energy (Qi) in the appropriate acupuncture meridians (energy channels) will improve diabetes. This program is also designed to enhance these meridians.
- Including an introduction of Tai Chi and diabetes, warm up and cooling down exercises, it contains Qigong for Diabetes, 11 basic movements and 8 advanced movements. Viewers can learn different part at their own pace using the step-by-step instructions.

The set is based on both Yang and Sun style, selected to enhance Qi and provide the progressive exercises safe for people with diabetes

[How Does Tai Chi Work For Diabetes?](#)



Diet and exercise are the cornerstone of diabetes management. People with diabetes who exercise regularly have better control over their blood glucose levels and fewer complications such as heart disease and stroke.

Many people, however, are unable to keep up with their regular exercise because they either don't enjoy it, or have a problem finding time to exercise. Tai chi offers a major advantage: It's enjoyable, and to many, it's almost addictive. After getting over the initial learning phase (about three to six months) and becoming familiar with the rhythm and feel of tai chi, most people continue exercising. You can practice Tai Chi almost anywhere.

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