

# Tai Chi for Osteoporosis Instructor Training Workshop

## By Jennifer Chung, Master Trainer

### What is Tai Chi for Osteoporosis?

Tai Chi for Osteoporosis is a program specially designed by Dr Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. Based on Yang and Sun style Tai Chi, it is easy to learn, effective and safe.

The program is designed with consideration to available medical evidence to improve balance and to prevent falls. It will also improve relaxation, fitness and health.

There are numerous forms of Tai Chi and they differ significantly. Tai Chi for Osteoporosis has incorporated Tai Chi movements that were shown by scientific studies to slow down loss of bone density and prevent falls.



### What will I Learn from the Course?

There are many ways that Tai Chi helps people with osteoporosis. An excellent study showed Tai Chi slowed down the loss of bone density approximately three fold. Another study indicated that people who practice tai chi regularly have higher bone mineral density and better flexibility, muscle strength and balance.

When people with osteoporosis fall they are more likely to sustain a fracture. Many studies have shown that tai chi reduces falls.

People with osteoporosis often have arthritis, loss of function due to age and weakness. Tai Chi relieves pain from arthritis, improves balance and the ability to do daily activities.

Tai Chi has been shown to improve the mind, help people feel more relaxed and improve mental strength so they can cope better with chronic diseases.



### About Osteoporosis

- Learn how to teach this program to people with or without osteoporosis
- Learn and/or improve your Tai Chi
- Improve your health
- Improve your balance
- Understand how to use tai chi effectively to improve back pain
- Learn Dr Lam's teaching methods
- Improve your Tai Chi knowledge
- Learn how to teach Tai Chi and this program safely
- Make new friends and renew old friendships
- Learn how to set up classes

For Registration:

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>