

# TAI CHI GUIDE FOR SENIORS

Benefits, Exercises & Safe Practice



**!** **Tai Chi** - is an ancient Chinese practice involving a chain of gentle movements combined with deep breathing. It is widely popular, absolutely safe, and offers proven benefits for older adults!

**How Tai Chi Helps Seniors**



## Clinical Health Benefits

### Heart And Lungs

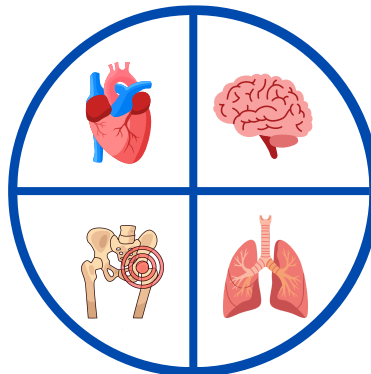
Helps maintain normal blood pressure, keeps cholesterol in check, and dramatically improves lung function for COPD patients.

### Bones And Joints

Improves mobility for Rheumatoid Arthritis, reduces pain, and progressively slows bone loss for Osteoporosis.

### Parkinson's

Targets motor deficiency, improves grip capacity, and addresses sudden freezing episodes through slow format weight shifting.



## Improves Balance



Increases body stability to prevent accidental falls, a leading cause of severe injury in older adults.

## Builds Strength



Focuses on precise weight shifting and gentle stretches to combat fading flexibility and prevent frailty.

## BEST STYLES FOR SENIORS

**Yang Style** → Slow, smooth, low impact movements.

**Sun Style** → Lively footwork, hand transformations.

## Reduces Stress



The meditative essence calms the nervous system, normalizes cognitive balance, and fosters mindfulness.

# Beginner Exercises



## Tai Chi Walking

Make slow deliberate movements. Shift weight from one foot to another smoothly to build balance.

1



## Torso Twist

All you have to do for this exercise is to twist your upper body to each side. Maintain a shoulder width distance between your legs and keep knees slightly flexed.

2



## Arm Circles

Slowly move your hand in smaller circular motions and increase it gradually as per your own capability. It will improve your shoulder flexibility and strength.

3



## Touch The Sky

Inhale and exhale slowly and deeply. Extend palms outwards and lift hands above head with elbows slightly bent and relaxed. Repeat as your body allows.

4

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