

A photograph of a white lighthouse with a black top section, situated on a grassy field. The sky is a mix of blue and orange, suggesting a sunset or sunrise. The lighthouse has a small white building at its base.

# Tai Chi and Gentle Motions for Seniors

Senior Healthcare Center at Crown Pointe

2205 NW 40<sup>th</sup> Terrace

Gainesville, FL 32605

## **Tai Chi for Seniors**

Tai Chi is a series of slow, flowing movements that enhance your energy level, enable you to develop greater flexibility and fluidity of movement, and results in mental and emotional calm.

**Thursdays at 9:30am**

## **Gentle Motions**

Gentle Motions involves a number of movements that gently open the joints, massage the internal organs and muscles, and promote a sense of well-being.

**Thursdays at 10:30am**

There is a \$7.00 fee for each class and each class lasts for one hour with breaks throughout the class. You will learn a number of individual patterns as well as a choreographed series of Tai Chi movements.

**Contact Paul Gebhart for more information on which class would be best suited for you (352-379-6124).**

# Tai Chi Benefits

Would you like to feel more peaceful, calm and relaxed? Would you like to have better balance and be more flexible? Would you like to be more alert and mindful? Would you like to perform a series of slow physical movements yet feel as if all your muscles have been exercised? Would you like to have techniques that have been proven to promote good health? If so, maybe you might want to give Tai Chi a try!

Tai Chi is a holistic art that comes from China. It is practiced for its physical, mental, emotional, and even spiritual benefits (it is not religious). It is used to prevent various health issues as well as to heal them when they occur. Its movements are gentle, usually slow, but extremely powerful. Its power comes from focusing the mind, body and breath in each movement. Tai Chi does not involve watching a newscast or listening to your Walkman while working out on an exercise machine—full focus is given to the movements or patterns that are being performed. In practicing Tai Chi, a major focus is on relaxation—the more relaxed and calm you are the greater the benefits!

What are some of the benefits that people, especially seniors, have enjoyed and experienced from practicing Tai Chi? The information below comes from a March 22, 2010 publication of ***INSIDE ELDER CARE***:

1. “Relieves [the] physical effects of stress
2. Promotes deep breathing [inducing greater relaxation and less cardiovascular stress]
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps [ease] arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy [levels] by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening [the] ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer’s, Multiple Sclerosis, and Parkinson’s”

In addition, from the ***HARVARD HEALTH PUBLICATIONS*** (May 2009), a review of various studies showed that people who practiced Tai Chi slept better, increased upper arm strength (even though they lifted no weights!), and developed increased flexibility.

An impressive list of results. Of course, you must practice many, many hours every day to obtain some of these benefits, right? Actually, no. As little as 10-15 minutes several times a week can show benefits. You don’t need special equipment, new clothes, fancy shoes or go regularly to the gym in order to practice. Once you learn a few basic techniques, you can practice them at home, in a very small space, and better yet, when you want to.