

Tai Chi for Health Form

Also known as Tai Chi for Arthritis

Beginners Class:

- Movement 1 - Commencement
- Movement 2 - Open & Close Movement
- Movement 3 - Single Whip (right)
- Movement 4 - Wave Hands in the Cloud (3x) (Right)
- Movement 5 - Open & Close
- Movement 6 - Closing

Reverse:

- Movement 6 - Single Whip (left)
- Movement 7 - Wave Hands in the Cloud (3x) (left)
- Movement 8 - Open & Close
- Movement 9 - Closing

Intermediate Class:

- Movement 9 - Brush Knee (left)
- Movement 10 - Play the Lute
- Movement 11 - Parry & Punch
- Movement 12 - Block & Close
- Movement 13 - Push the Mountain
- Movement 14 - Open & Close
- Movement 15 - Closing

Reverse Advanced Six:

- Movement 15 - Brush Knee (right)
- Movement 16 - Play the Lute
- Movement 17 - Parry & Punch
- Movement 18 - Block & Close
- Movement 19 - Push the Mountain
- Movement 20 - Open & Close
- Movement 21 - Closing

If you want to take part but have concerns about your health, consult your health care provider before you begin.

Tai Chi for Health Class at Clermont Arts & Recreation

3700 S Highway 27, Clermont, FL ·
(352) 394-3500

**Monday's & Thursday's
10am - 11am in the Gym**



Cost:

\$8 / per class
\$35 / 5 classes
\$60/ 10 classes

**SilverSneakers
Members: FREE**

Certified Tai Chi Instructor

Sonya L. Dumas

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321-303-9804

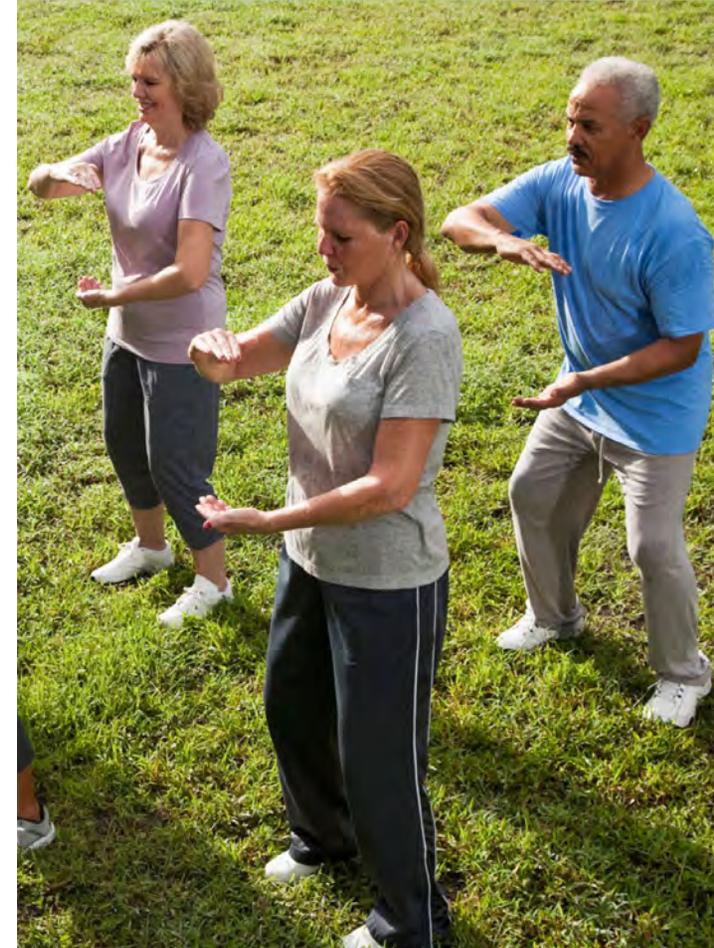
Member:



Member

Sonya has trained in traditional Chinese Martial Arts for over 11 years. Pai Yung style Tai Chi, QiGong, and Kung Fu. She is also, certified Tai Chi Instructor in Dr. Paul Lam's Tai Chi for Health Programs teaching Sun style Tai Chi. Also, SilverSneakers / FLEX instructor for Tai Chi.

Tai Chi For Health Classes



Evidence-based program endorsed by The Arthritis Foundation, recommended by Centers for Disease Control and Prevention (CDC) for Fall Prevention. Doctor recommended.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical well-being. **The Tai Chi for Health Program, developed by Dr. Paul Lam**, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

How Tai Chi Works for Fall Prevention

No matter what forms of tai chi, if specific tai chi principles are incorporated into tai chi practice, the result will be better balance and reduced falls. The principles are:

Movement control

Tai Chi movements are slow, smooth, and continuous, helping to strengthen internal muscles. Tai Chi practitioners move against a gentle resistance to build full muscular strength.

Weight transference

Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. Also, an emphasis on upright and supple posture.

Integration of mind and body

Tai chi is an internal art, which stresses the integration - and balance - of mind and body. We focus, calm our mind, and loosen and relax our joints and ligaments. A number of studies indicate being confident results in less falls, since the fear of falls increases the risk of falling. Practicing tai chi, builds confidence, thus alleviating the fear of falling.

“Tai chi is often described as meditation in motion, but it might well be called medication in motion. There is growing evidence that this mind-body practice has value in treating or preventing many health problems.”

- Harvard Medical Health Publication



Tai chi has been shown to reduce the risk of falling between 47 and 55% according to the Centers for Disease Control and Prevention

Tai Chi for Health is an evidence-based exercise program for older adults at risk of falling due to lower limb weakness, poor balance, slow reaction time, or a combination of these symptoms.

FACTS about FALLS:

- > Falls are the leading cause of injury deaths among adults age 65 and older.
- > 1 in 3 older adults - about 12 million - fall every year in the U.S.
- > In Florida: Unintentional falls are the leading cause of injury death among residents age 65 years and older and the 4th leading cause of injury death overall.
- > Economic Impact: The median admission charge for non-fatal unintentional fall-related injury hospitalizations was \$46,067; median length of stay was 4 days.
- > Hip fractures were related to 25% of unintentional fall-related deaths, and 32% of non-fatal unintentional hospitalizations.
- > Traumatic brain injuries were related to 61% of unintentional fall-related deaths.
- > Most falls can be prevented - and you have the power to reduce your risk.



As an instructor, my goal is to empower people to improve their health and wellness, and to teach with safety in mind at all times. - Sonya