



# Tai Chi

*Cliffside Park Senior Activity Center at the  
Gerald A. Calabrese Complex  
500 Gorge Road  
201-943-3768*

## **Wednesday's 11am**

The benefits of Tai Chi for seniors are incredible. If you are looking for a low-impact, relaxing form of exercise that only requires about 20 minutes a day and rewards your efforts, Tai Chi is for you. Tai Chi is an internal Chinese martial art in the sense that it focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of 19 movements and one pose. You may have seen groups of people demonstrating its slow-moving circular forms in public parks.

Many seniors and senior care facilities have been enjoying this style of workout and conditioning for more than 20 years. Here are 12 benefits of Tai Chi for seniors:

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

Seniors find it an easy activity and a peaceful environment in which to meet other seniors with common interests.