

New Year New Opportunities For Balance and Health

New classes forming in January 2019

Create effortless, powerful and balanced movement.

Enjoy mindful breathing and movement.

No experience needed for any of these classes

With

Professional Personal Trainer, Chris Netto BA CFP

At Center for Spiritual Living 1905 Hartnell, Redding

New 8 weeks Balance Matters Series begins Wednesday January 16th through March 6th 10:30am-11:30. *Become more confident in movement. Learn how to improve your daily balance with exercises you can do at home and reduce falling risks in your home.*

Ongoing Classes at the Center

New class Change Monday 11am- noon *Will now offer Dr. Paul Lam's Tai Chi for Arthritis, parts 1 and part 2. Safe, effective, and a fun way to exercise your mind body and spirit into balance. This replaces 24 Yang style forms.*

Monday at 12:15pm *NO Change Dr. Paul Lam's Tai Chi for Arthritis, the basic forms of part 1, with a focus on elements of balance, posture and breathing. Seated demonstrations available upon request.*

Wednesday 9am *NO Change to Tai Chi for Health and Balance featuring Shibashi Level 1 and Dr. Paul Lam's Tai Chi for Diabetes.*

For more information

Call Chris at (469) 964-9369 or email chris@standingfirmfitness.com

visit: www.standingfirmfitness.com



How Tai Chi Works

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

Movement control

Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Additionally, tai chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in elder people taking medication that can cause change of blood pressure.

Weight transference

Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles.

Integration of mind and body

Tai chi is an internal art, which stresses the integration—and balance—of mind and body. Tai chi practitioners focus, calm their minds, and loosen and relax their joints and ligaments.

Extra Benefit: Reduction of the Burden of Chronic Conditions.

Investing in tai chi programs can have cost savings in other areas. As the practice of tai chi improves many aspects of health, it can also be an ideal preventive intervention. The U.S. National Institute of Health's National Center for Complementary and Alternative Medicine suggests that people practice tai chi for a variety of health-related purposes, such as:

- For benefits associated with low-impact, weight-bearing, aerobic exercise.
- To improve physical condition, muscle strength, coordination, and flexibility.
- To improve balance and decrease the risk for falls, especially in elderly people.
- To ease pain and stiffness—for example, from osteoarthritis.
- To improve sleep.
- For overall wellness.

A number of studies indicate that being confident results in less falls, since the fear of falls increases the risk of falling. Practicing a mind-body exercise, such as tai chi, builds confidence, thus alleviating the fear of falling. Instructors training for all of Dr. Lam's Tai Chi for health programs include the understanding of these principles. Instructors then work with participants to incorporate them into real applications.

The largest study about the practice of tai chi by people with arthritis, published in the Arthritis Care and Research Journal, found that the Tai Chi for Arthritis program not only reduced pain, but also improved the quality of life. It has also been found to improve standing balance for people with strokes as well as six out of eight measurements of quality of life for older adults. A study, recently accepted to be published in the Journal of Alternative and Complementary Medicine, followed 82 older women divided into tai chi and control groups. After six months, those practicing tai chi significantly increased knee extensor endurance and bone mineral density and had less fear of falling than the control group.

For more information on forming new classes, finding a class or private instruction call mobile 469-964-9369 email chris@standingfirmfitness.com