



# Standing Firm Fitness

A Proactive Approach to Aging

## “Arthritis, Diabetes... Exercise???”

**By Chris Netto BA CFP**

**Owner of Standing Firm Fitness**

Yes, believe it or not people living with chronic conditions such as arthritis and diabetes, can exercise! Research is demonstrating that diet and regular exercise is the cornerstone of health and wellbeing. Of course, the exercise needs to be sensible, suited to participant interests and skills. Tai Chi Chuan (TCC) can be just the exercise system for a vast number of individuals, especially those who think that they can't exercise. The Center for Disease Control and the American Association on Aging endorses Tai Chi Chuan and more specifically Dr. Paul Lam's Tai Chi for Arthritis (TCA) and Tai Chi for Diabetes (TCD) as an appropriate exercise system for facilitating improvements in Arthritis, Diabetes and fall prevention. TCA is also endorsed by the Arthritis foundation. Tai Chi is a unique and powerfully effective exercise system which incorporates traditional martial arts and Chinese medicine and the ancient Chinese understanding of the universe. It is a time-honored practice, often called a "Meditation in Motion" or "Medication in Motion."

The following are a few research findings regarding the benefits of TCC. The largest study about the practice 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 published in the British Journal of Sports Medicine June 2001 titled "Tai chi: physiological characteristics and beneficial effects on health" concluded that "TCC is a moderate intensity exercise that is beneficial to cardio respiratory function, immune capacity, mental control, flexibility, and balance control: it improves muscle strength and reduces the risk of falling in the elderly." Another study published in The New England Journal of Medicine February 7 2002 titled "Reduction in the incidence of type 2 diabetes with lifestyle intervention or Metformin" concluded that lifestyle changes and treatment with Metformin both reduced the incidence of diabetes in persons at high risk. The lifestyle intervention was more effective than Metformin.

Standing Firm Fitness is the home of creative group exercise programs for mature adults who are interested in improving their health, fitness and balance through sensible movement at any age and fitness level. Guiding others on a journey of self-care, for health, fitness, balance, well-being and for the management of chronic conditions is my passion. I am a certified instructor for several of Dr. Paul Lam's Tai Chi for Health programs including TCA, TCD and Tai Chi for Energy (TCE). I have personally trained with him in several of his workshops, and certifications over the last eight years. These programs were developed by Dr. Lam with a team of medical and martial art experts to make Tai Chi and Qigong safe, easy to learn and more effective. The gentle Tai chi exercises are characterized by slow, continuous, controlled and rhythmic movements with a higher stance making the practice suitable for anyone who wants to improve their balance without jarring the hips and the knees as do traditional exercise programs.

I am offering ongoing classes in Tai chi health and balance at various Redding locations. For more information about my work visit [www.standingfirmfitness.com](http://www.standingfirmfitness.com) or email me at [chnetto@standingfirmfitness.com](mailto:chnetto@standingfirmfitness.com).

Staying active is a choice. Let these classes help you to move and feel better!



TDC instructor certification training



Chris Netto with Dr. Paul Lam at TCE certification