

Tai Chi for Health - the Proven Benefits

Here are what some renowned medical and healthcare organizations said about Tai Chi -

Mayo Clinic - In September 2011, a Mayo Clinic study, published by the American Journal of Health Promotion, recommends employers to offer Tai Chi in their **wellness** programs.

Harvard - A study performed by Beth Israel Deaconess Medical Center of Harvard University shows that Tai chi exercise can improve quality of life, mood, and exercise self-efficacy in patients with **heart failure**. This study is published in the April 2011 issue of Archive of Internal Medicine.

The American Geriatrics Society - In January 2011, the American Geriatrics Society recommended that all interventions for **preventing falls** should include an exercise component, and Tai Chi is one of the recommended exercises.

The American College of Rheumatology - In May 2012, the American College of Rheumatology (ACR) has issued new recommendations for the use of non-pharmacologic and pharmacologic therapies in **osteoarthritis** of the hand, hip, and knee. Tai Chi is among the list.

The New England Journal of Medicine - In its February 2012 issue, an Oregon Research Institute study has shown significant benefits for patients with mild-to-moderate **Parkinson's disease** after the patients participated in 60-minute exercise sessions twice weekly for 24 weeks.

York University of Canada - In December 2009, a study by York University of Canada shows that Tai Chi can help mitigate musculoskeletal disorders caused by extended computer use and provide a lift in mood. "The simplicity of Tai Chi makes it especially **beneficial for office workers**".

Mayo Clinic Health Letter - The October 2009 issue calls Tai Chi **a pathway to better health**.

Harvard Women's Health Watch - The May 2009 issue calls Tai Chi "**medication in motion**." It states that this mind-body practice can help treat or prevent many age-related health problems and may be the perfect activity for the rest of your life.

Link to article itself: <http://www.americantaichi.org/taichi-for-health.asp>