Tai Chi For Fall Prevention

A Community Approach

The Center for Disease Control and Prevention recommends the evidence based Tai Chi for Arthritis; Fall Prevention (TCAFP) program as a proactive activity to prevent falls in addition to its other benefits. The program is identified by the Administration on Aging as a highly effective program for health. Arizona Department of Health Services, The Arthritis Foundation, and other organizations recommend and/or deliver this program to the community.

The Tai Chi for Health Institute (TCHI) is approved to issue Continuing Education Credit for health and education professions.

The Healthy Body
Studies have shown tai chi improves muscle strength, flexibility, cardiovascular fitness, balance, and more.

The Healthy Mind
It is equally important to have a healthy mind as well as a healthy body. Tai Chi, a mind/body exercise, brings serenity and confidence. Tai Chi for Health interventions have proven successful for relief from depression, addiction, behavioral disorders.

The Scientific Evidence
Nearly 40 peer reviewed evidence based studies have been published about the beneficial effects of Tai Chi for Fall Prevention. Hundred of studies find positive effects of tai chi on prevention and maintenance of conditions ranging from arthritis, cancer, stroke, Parkinson’s, MS, diabetes, and more.

OPPORTUNITIES

Offer Programs to establish regular access to Tai Chi for Health classes for clients, employees, their family, and local community at your location.

Implement strategies and tactics contributing to successful, self-sustaining community-based Tai Chi for Health programs, including Continuing Education Credit for Health and Wellness Professionals.

Participate in community partnerships for increased access to Tai Chi for Health, including training and mentoring of more instructors throughout Arizona.

1. TCHI provides classes, instructor training, educational materials including books, instructional DVDs and charts, and ongoing support. In the United States there are 24 Master Trainers, more than 50 Senior Trainers, and over 7,000 certified instructors. Millions of people have learned the program in the US since 2001.
2. The Arthritis Foundation provides information about the program and has engaged more than 70,000 participants.
3. Department of Health Services in States including Arizona, New York, Iowa, Hawaii, and Vermont, with TCHI, increased the visibility of the risk of falls and support Tai Chi for Fall Prevention throughout the state.
4. Most of the Australian State Health Departments have funded and provided community-based TCH programs throughout the country over the last 14 years.
5. The New Zealand national government body ACC has, from 2003 to 2010, delivered the program to over 35,00 participants and trained more than 700 instructors, saving $25 for every dollar spent on the intervention.

TAI CHI FOR HEALTH AND WELLNESS

TCHI is dedicated to empowering people to improve their health and well being. Regular activity is essential for good health. The Tai Chi for Health programs are easy to learn, safe, effective and enjoyable. These programs improve muscular strength, flexibility and fitness, as well as having additional effects including relaxation, balance, posture, and immunity. TCA/FP is the core of all TCHI programs, offering a progression according to each participant’s goals and interests.

www.TCHI.org

CONTACT: Heather Chalon, MPH
Master Trainer: Tai Chi for Health Institute
Board Member: Tai Chi for Health Community
Expert: Wu & Sun Style Tai Chi, Qigong, Tao Healing Arts
Phone: 520-780-6751
www.heatherchalon.com
heather@heatherchalon.com