

*SEATED TAI CHI FOR ARTHRITIS  
AND  
FALL PREVENTION CLASS*

*MONDAY AFTERNOONS AT 2PM  
1350 Buena Ventura Blvd. Redding CA*



***Experience “Movement as Medicine, Feel the Power of Tai Chi”***

***with***

***Chris Netto, a certified Tai Chi for Health instructor with 12  
years of teaching experience***

***using Dr. Paul Lam’s Tai Chi for Health programming.***

The class includes Qigong, Tai Chi and balance activities to promote health, balance and well being. Mayo Clinic calls “Tai Chi Medication in Motion.” All of the exercises are performed in a seated position. There is a standing option for those who want to practice the exercises standing. Participants are always welcome to stay in the seated position throughout the class. Chairs may be used during the standing exercises for balance.

***Arthritis Friendly NO floor mat required  
\*wear loose comfortable clothing and shoes with good support\****

*Staying active is a choice!  
Come join the fun, develop confidence  
be more active,  
reduce minor aches and pains,  
improve balance and challenge your brain!*

Reserve your spot! Class space is limited  
email: [chris@standingfirmfitness.com](mailto:chris@standingfirmfitness.com) or call 1-469-964-9369

**What is Tai Chi?** It is a slow-moving internal martial art that is derived from Qigong, an ancient Chinese medicine healthcare system for health and balance through the integration of physical postures, breathing techniques and focus attention making it a unique from traditional exercise programs. Tai Chi consists of specific forms—a set of postures and movements that serve to strengthen the body and improve balanced, confident and agile movement. While carrying out these movements, the focus is on proper breathing, the body alignment, the balance, and the body awareness. It involves learning the proper position of the hands, feet and hips while paying attention to weight distribution over the feet. The practice can evolve into much more of a spiritual practice where the awareness of our thought processes and emotions come more into play. It can be done as a group activity or alone, sitting, standing or even lying down, indoors or outdoors and requires no special clothes or equipment.

**Key Basics:** Tai Chi is characterized by slow deliberate circular and continuous movements in the arms, legs, and hips with a straight back in a relaxed way. Practitioners relax, sink the energy and root their bodies while breathing to allow for a connection to the earth through the feet and the heaven with the extended spine. When rooting occurs, there is a deep sense of calm, focus and stability.

**Benefits:** Tai Chi has been found to improve brain function, reduce blood pressure, and may reduce anxiety and stress, helpful in preventing or managing chronic diseases, while boosting the immune system and reducing minor aches and pains and promoting a sense of wellbeing. Thus Tai Chi has been described as medication in motion. Tai Chi enhances core components of physical fitness such as; muscle strength, cardiovascular endurance, balance, flexibility, coordination, and agility and the benefits are accumulative. Whether you are reaching out for something or turning your head around, such movement affects your inner ear stability Tai Chi helps body coordination as you are moving outside the center of your support. When practicing Tai Chi three or more times per week and using real world application of the Tai Chi principles you become steadier on your feet; thus reducing the risk of falling. Individuals who experience fear of falling are more likely to fall. Tai chi can build confidence in performing daily activities and it is endorsed by the Center for Disease Control (CDC) as a fall risk intervention.

**Recent studies are showing Tai chi may help increase arterial flexibility.** The ability of the blood vessels to expand and contract as blood pulses through the body. Poor trunk flexibility is being associated with arterial stiffening according to a study published in the American Journal of Physiology, Heart and Circulatory Physiology October 1, 2009, in which a team of researcher's "tested the hypothesis that a less flexible body would have arterial stiffening." What the team learned was that the group middle aged to older adults who demonstrated low flexibility in the sit and reach test also showed higher arterial stiffness than the high flexibility group in those age categories. In the young group there was no significant difference in trunk flexibility and arterial stiffening. "While the study links poor body flexibility in older individuals to stiffer arteries, it only suggests that maintaining good body flexibility will help keep the arteries flexible. Establishing a cause-and-effect relationship will require further study."