



# Standing Firm Fitness

A Proactive Approach to Aging

Dear Health and Wellness colleagues,

Many of your clients want to be more active, improve their balance, reduce minor aches and pains and challenge their brain in a friendly, fun and supportive environment. Now they can enjoy safe and sensible physical activity to increase stamina, muscle strength, balance, agility, coordination and reduce their risk of falls at a fraction of the cost of personal training sessions through City of Redding Parks and Recreation.

Standing Firm Fitness is offering these entry level arthritis friendly classes at Caldwell Park.

The following classes will be lead under the guidance of Chris Netto BA in Kinesiology with a concentration in adult fitness management. Perhaps you would be interested in meeting with her to discuss how she can work with you for your client(s) fitness and wellbeing or in referring your client(s) to these classes.

**Let these classes help your client to move with confidence and feel better!**

**Registration is required through City of Redding Parks and Recreation for these classes.**

**Class series may be purchased on a month to month basis**

**For other locations email [chris@standingfirmfitness.com](mailto:chris@standingfirmfitness.com) or call Chris at 1-469-964-9369**

**Cardio Core and More... 9am Tuesdays Caldwell recreation center.** This class is a self-paced introduction to body conditioning activities geared to address balance, strength endurance, and coordination while strengthening the core for enhanced posture, muscle balance and stability through aerobic, strength and flexibility exercises. Move in an arthritis friendly, fun and supportive environment with a certified fitness professional (CFP) with 20 years of experience. Learn the elements of fall risk management and a healthy back. Students must be able to get up and down from the floor independently. Wear loose comfortable clothes and shoes with good support; bring light weight dumbbells for strength exercises, water, and a mat and a pillow for gentle stretching on the floor. Exercise modifications will be addressed as needed.



**Beginning Tai Chi Qigong for Health** (includes TCA, TCD and Level 1 Shibashi Tai Chi Qigong)

**10:15 Tuesdays and 1:30pm Wednesday at Caldwell recreation center, 4:30 pm**

**Caldwell park teen center, Center for Spiritual Living Monday and Wednesday 11 am**

**and Shasta Estates Retirement Community Mondays 2pm:** An introduction to the

principles, practice and benefits of a time honored gentle exercise program for fitness,

health and balance. Learn to synchronize breathe with movement to enjoy a peaceful mind,

a refreshed spirit, and a strong supple and relaxed body. Move with agility, strength, power

and control to cultivate the chi, life's vital force and assist in the management of chronic

diseases. Increase your focus, body awareness and reduce stress a major factor in developing chronic diseases without the strain of traditional exercise programs in a fun, safe and effective manner.



To learn more about Chris Netto and classes

visit website: [www.standingfirmfitness.com](http://www.standingfirmfitness.com)

or email me: [chris@standingfirmfitness.com](mailto:chris@standingfirmfitness.com)

**Remember getting older is inevitable but falling apart isn't!  
Staying active is a choice.**



## How Tai Chi Works

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

The principles are:

### ***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.

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.

Instructor training for the Tai Chi for Arthritis program includes understanding these principles. Instructors then work with participants to incorporate them into real life situations.

### ***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.

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](mailto:chris@standingfirmfitness.com)