

Tai Chi for Strength and Balance

What is Tai Chi for Strength and Balance?

Tai Chi for Strength and Balance is a tai chi form developed by Troyce Thome, Master Instructor and owner of Tai Chi for Health in San Clemente, California. It is an easy to learn, effective tai chi form that, once learned, can be performed in just a few minutes.

What is the purpose of Tai Chi for Strength and Balance?

Tai Chi for Strength and Balance is aimed at increasing and improving balance, strength and mobility. The basis of the form is Sun style tai chi which is perfect for these purposes because of its' higher stance and the manner in which it closely emulates the natural human gain.

Why should I worry about falling?

Injury caused by a fall is one of the main reasons that persons 65 and older visit emergency rooms. Falls are a leading cause of injury and worse in older people and just the fear of falling is often what prompts moving to assisted living facilities. Falls are not a normal part of aging and the fear of falling is addressable.

Why practice tai chi to reduce the dangers of and fear of falling?

Practicing tai chi offers an integrative approach that helps focus the mind and strengthens the body. It may increase flexibility, coordination and endurance as well as working to quiet the mind, thereby decreasing anxiety surrounding the fear of falling. Studies show that practicing tai chi may reduce falls by as much as 45%.

How can I find out more about Tai Chi for Strength and Balance?

To learn more or to order an instructional DVD, please contact Troyce Thome at <http://www.taichiforhealth.net> or call Gerry Von Ahn at 503.201.6270.