

Benefits of Tai Chi for Arthritis



All types of arthritis are helped by the Tai Chi for Arthritis Program. Research studies have shown Tai Chi to be effective in strengthening muscles by 15 –20%. A study published in the Journal of Rheumatology, September 2003, showed that regular practice of Tai Chi for Arthritis improved physical function and balance by 30%. Many studies have found significant improvement in cardiorespiratory fitness of people who practice Tai Chi. One study showed that Tai Chi has the same metabolic equivalency as a brisk walk.

Tai Chi for Arthritis incorporates Qigong, the cultivation of Qi (energy or life force). Cultivating Qi is essential to health and vitality and regular practice can help to relieve pain and stiffness.

The **FREE** Program for seniors is administered by the Area Agency on Aging and is being presented with support from Northern Maine Medical Center.

To learn more about the class or to register, contact Joanne Fortin.

Phone: 207-834-1353

Email: j.fortin@nmmc.org.

***Class size is limited
so register early!***

Trained Instructors:

Bill Loder

Ben Paradis



Care you *count on*.
People you *trust*.



Tai Chi
for
Arthritis

2/16/17 –4/20/17

9:30 –10:30 am Weekly

Forest Hill In-service Rooms A & B
25 Bolduc Avenue, Fort Kent

Frequently Asked Questions

What is Tai Chi?

Tai Chi is a gentle slow moving exercise that promotes health and mental relaxation

There are many styles of Tai Chi. Sun Style is the newest style and was chosen by a panel of medical experts for the Tai Chi for Arthritis Foundation. It is characterized by agile steps, many Qigong (energy or life force) movements and has a higher stance.



How does Tai Chi work?

Medical experts agree that an effective exercise program increases flexibility, strengthens muscles and improves cardiorespiratory fitness.

Tai Chi gently moves all joints, muscles and tendons thereby increasing flexibility. The classes are not designed to burn calories but to assist you in improving circulation, balance, alignment and to help restore energy.

What areas of the body does Tai Chi target?

Tai Chi and Qi target the body's core, arms, legs, glutes and back muscles.

Do I need any special equipment to take the class?

No. All you need to participate is comfortable clothing.



How do I register?

Contact Joanne Fortin by calling 207-834-1353 or email at j.fortin@nmmc.org.

A waiver of liability is required prior to participation.

Consult with your healthcare provider to be sure you are medically fit to participate.