



How to Bring Tai Chi for Arthritis for Fall Prevention to Your Community?



Tai Chi for Arthritis for Fall Prevention is shown by studies to prevent falls, empower older adults to better health and wellness, provide social support and enhance independence.

How can my organization bring Tai Chi for Arthritis for Fall Prevention to my community or club?

Tai Chi for Health Institute (TCHI) will partner with your organization in the most cost effective way. Having worked with many organizations around the world over the last thirteen years, our experience and user friendly instructional material will make this task easy with a reliable outcome.

Once your organization has identified your objective and available resources, please contact us to make it happen.

How do I facilitate instructor training?

Suitably qualified people such as health professionals, tai chi instructors or advanced tai chi students who attend our training and fulfill our requirements will be certified to teach this program. Our institute provides ongoing support including update and skill development workshops. Visit our website to find a workshop near you.

How do I find a class?

Visit our website www.tchi.org. We have partnered with Arthritis Foundation and other organizations to train over 6,000 instructors in the USA. Classes are available throughout the USA. If there isn't a class near you, we will try to facilitate a training workshop in your area.



The meaning of the Tai Chi for Health logo is that our instructors are like farmers sowing tree (green) seeds of empowerment for people on the earth (brown) to improve their health.

By coincidence, 'Lam' in Chinese means 'forest'.

Tai Chi for Health Institute, Founded by Dr. Paul Lam

- a not for profit educational institute with the vision of empowering people to improve their health and wellness

For more information about Tai Chi and Tai Chi for Health programs, please contact:

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Tai Chi for Arthritis for Fall Prevention

A review of 111 randomized trials involving over 55,000 subjects singled out tai chi and individually prescribed exercise to be effective for fall prevention (Reference 1). The Center for Disease Control and Prevention (CDC.gov) recommends this program for fall prevention, because of the robust evidence and the established training methods (Reference 2). The CDC cites Voukelatos' study – the world largest fall prevention study, where the majority of its subjects practiced Tai Chi for Arthritis/Fall Prevention Program (Reference 3).

Tai Chi for Arthritis/Fall Prevention is one of the Tai Chi for Health programs. There are many forms of tai chi with significant differences between them. Dr. Paul Lam and his team combined traditional tai chi and medical knowledge to create modernized programs that are easy-to-learn, enjoyable and effective.

Organizations, including the Arthritis Foundations of America, Australia, Singapore and UK, and many universities and governmental bodies around the world, support one or all of the Tai Chi For Health programs. Tai Chi for Health Institute is approved to issue CEUs (continuing educational credits) for The American College of Sport Medicine, Fitness Australia and many other health professional organizations because of the medical evidence and reliable training method.

What is Tai Chi?

Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. It contains a sequence of slow and gentle movements exercising all the muscles and joints of the entire body, as well as enhancing mental focus and serenity. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

What is Tai Chi for Health Institute?

It is a not for profit educational institute founded by Dr. Paul Lam and his medical and tai chi colleagues to empower people to improve their health and wellness. Its vision is to make Tai Chi for Health accessible to everyone. By 2013 over five million people had learned one of Dr. Lam's Tai Chi for Health programs.

What is Tai Chi Productions?

Dr. Paul Lam set up Tai Chi Productions in 1996 to produce user friendly instructional DVDs, books CDs and materials for the Tai Chi for Health Programs.



About Dr. Paul Lam

Dr. Lam, a family physician and tai chi expert since 1975, has worked with his team to create the Tai Chi for Health programs. Medical studies and evidence based research have shown these programs to be effective, easy-to-learn and safe. He is the author of Teaching Tai Chi Effectively, Tai Chi for Beginners and the 24 Forms, Overcoming Arthritis and Tai Chi for Diabetes.



References:

1. *Cochrane Database of Systematic Reviews 2009, Apr 15;(2): Cd007146.* <http://www.ncbi.nlm.nih.gov/pubmed/19370674>
2. Feb. 15, 2013 CDC wrote to Dr Lam: "...Attached is a CDC guideline being promoted for Tai Chi as an exercise form to prevent falls among older adults. We are promoting your tai chi programs since you have established manuals and instructor trainings nationwide..."
3. CDC Compendium of Effective Fall Prevention Interventions cited Alex Voukelatos's "Central Sydney Tai Chi Trial" published in the *Journal of American Geriatrics Society, August 2007, Vol. 55, No. 8.* This study found that recurring falls were reduced by close to 70%. The majority of the study subjects practice the Tai Chi for Arthritis/Fall Prevention program.

http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.9_sydney.html