



## ORI's "EASY Tai Chi"

According to research ...regular practice of Tai Chi is associated with both physical and mental benefits (ORI, 2001; Sandlund & Norlander, 2000). Those benefits are likely to include:

- Increased strength, particularly in the muscular systems of the lower body and torso.
- Improved balance (static and dynamic), mobility and coordination.
- Enhanced sense of overall body awareness.
- Increased energy and stamina.
- Reduced levels of stress hormones normally produced by the body, thereby reducing tension and anxiety.
- Improved flexibility in and around the major joints.
- Improved bone strength.
- Enhanced circulation, with blood pressure often being reduced.
- Improved sleep patterns and reduced episodes of insomnia.
- Elevated sense of inner peace and harmony.
- Balance of energy between the mind and the body.
- Reductions in arthritic pain.
- Improved elasticity of blood vessels and skin tissue.

In China individuals are seen each-and-every day practicing the Tai Chi forms. Vitality and longevity is also prominent in China, and such research would suggest this is not likely to be a mere coincidence.

Falls are a serious issue for older adults. The fall-related research on the following page reveals just how serious this issue is and demonstrates a need for action on the part of health professionals and the general public.

Developed by: Nikki Carrion MA

Sources: Fall Prevention Center of Excellence, 2009; Nat'l Center for Injury Prevention & Control, 2005; CDC, 2005; DHHS, 2005; Oregon Research Institute, 2001; National Institute of Health, 2004; Murphy, 2000.

# **Fall-related Deaths...**

## **How Serious is the Problem?**

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Among older adults, falls are the leading cause of injury death (Murphy, 2000). Nearly one half of adults age 65 years and older fall each year (National Institutes of Health, 2004), and in 2003 more than 1.8 million individuals in this age category were treated in emergency rooms for fall-related injuries (CDC, 2005). In addition, more than 421,000 of these individuals ended up being hospitalized (CDC, 2005). More than 40% of people who are hospitalized do not return home and are not capable of living independently again and 25% of those people will die within a year (Fall Prevention Center of Excellence, 2009).

**With all of this in mind, the Oregon Research Institute (ORI) performed extensive research on the various forms of Tai Chi and found many benefits specific to older adults to be associated (2001). This research revealed that fall rates for a senior who regularly practices Tai Chi can be reduced by as much as 55%!**

For more information on the ORI Easy Tai Chi program...go to [www.ori.org](http://www.ori.org) and for strategies and a check list on how prevent falls...go to [www.cdc.gov/ncicp/duip/preventadultfalls.htm](http://www.cdc.gov/ncicp/duip/preventadultfalls.htm)

ORI's Easy Tai Chi is can be done by almost anyone! It can be done either standing up or sitting down! Based on the information provided in this handout...decide for yourself whether or not Easy Tai Chi is a viable starting point for you and/or those you serve. Go to [www.fitxpress.com](http://www.fitxpress.com) to see a clip of the *Fit Xpress EASY Tai Chi DVD!*

For more information... contact Nikki Carrion at 1-800-481-7449 (ext. 802).

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