Tai Ji Quan:

(*pronounced: tie-gee-chwan*)

Moving for Better Balance (TJQ)

Fact Sheet

Evidence – Based	• Implemented previously • Evaluated by researchers and found to make positive differences • Utilize proven strategies • Provided by local organizations • Accept participant referrals
Classes	• 12-week sessions (sometimes two consecutive) • Twice a week for one hour • Facilitated by 1 or 2 trained leaders • 8-15 participants • Hosted in a community setting
Program Content	• Warm up exercises • 8-form core functional Tai Ji Quan exercises aimed at: o improving postural stability o awareness and mindful control of body positioning in space o functional walking o movement symmetry and coordination o range of motion around the ankle and hip joints o lower-extremity muscle strength • Cool-down exercises
Outcomes	• Improvement in balance deficits and fall risks • Aids in improving lower limb muscular strength, sensory integration, limits of stability, and global cognitive function • Reduced incidence of falls by 55% in community-dwelling older adults and by 67% in people with Parkinson's disease
Leader Training and Requirements	• 2-day training session • Must lead a minimum of two consecutive 12-week sessions, twice a week for one hour within the first year and each year after • Subject to peer-to-peer evaluation

To find local workshops visit Minnesota River Area Agency on Aging website www.mnraaa.org and click on calendar or call 507.387.1256.