

Tai Ji Quan:

(pronounced: tie-gee-chwan)

Moving for Better Balance (TJQ)

Fact Sheet

<p>Evidence – Based</p>	<ul style="list-style-type: none"> • Implemented previously • Evaluated by researchers and found to make positive differences • Utilize proven strategies • Provided by local organizations • Accept participant referrals
<p>Classes</p>	<ul style="list-style-type: none"> • 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
<p>Program Content</p>	<ul style="list-style-type: none"> • Warm up exercises • 8-form core functional Tai Ji Quan exercises aimed at: <ul style="list-style-type: none"> ○ improving postural stability ○ awareness and mindful control of body positioning in space ○ functional walking ○ movement symmetry and coordination ○ range of motion around the ankle and hip joints ○ lower-extremity muscle strength • Cool-down exercises
<p>Outcomes</p>	<ul style="list-style-type: none"> • 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
<p>Leader Training and Requirements</p>	<ul style="list-style-type: none"> • 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 yourjuniper.org or call 507.387.1256.