

TAI CHI

Get your yoga, tai chi, dancing, gardening or sports at least 3 times a week, especially if you are aged 65 or older.

Tai Chi

Tai Chi Chuan is a mind-body-spirit exercise that, while it focuses on producing an inner calmness, is also considered to be a multicomponent type of exercise in that it incorporates movements for balance, strength and flexibility.(1-4) It has shown to have a significantly beneficial effect on quality of life.(5)

Guidelines

The UK Chief Medical Officers’ and the World Health Organization guidelines:(2, 3)

- If you are aged 65 or older, as part of your weekly physical activity, you should do varied multicomponent physical activity that:
 - Focuses on functional balance and strength training
 - At moderate or greater intensity
 - On 3 or more days a week.
- New to exercise? Start by doing small amounts and gradually, over time, increase how often, how intensely and for how long you exercise.
- For those age 65 years and over, be as physically active as your abilities allow and adjust how much effort you put into physical activity based on your fitness and strength levels.

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Medium	2	In people aged 60 and older, Tai Chi has a medium impact in reducing the number of people who experience falls.(4) In people aged 65 and older, varied multicomponent exercise has been shown to have a medium impact on improving functional capacity and preventing falls.(2, 3)	Systematic review, Guideline	High, Moderate
Cognitive	Medium	2	In people aged 60 and older, Tai Chi has been shown to be associated with a medium impact on cognition particularly related to executive function and memory function.(6, 7)	Systematic review	Moderate
Emotional	Medium	2	In adults, Tai Chi has been shown to have a medium impact on mental wellbeing including reduced stress, anxiety, depression and mood disturbance, and increased self-esteem.(8)	Review, Systematic review	Moderate

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References

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