

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)

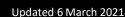
Guidelines

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:
 - o Focuses on functional balance and strength training
 - At moderate or greater intensity
 - o 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

Disclaimer: The information in this document is provided for informational, educational and interest use only. The information has not been prepared for your specific requirements, and it is your responsibility to make sure it is appropriate for you. This information does not contain or constitute, and should not be interpreted as, medical or therapeutic advice. If you have any doubts about your health, you should consult your doctor before implementing anything you read about in this document. You acknowledge and accept that you read this information and undertake any activities discussed herein at your own risk. The information should not be shared with third parties or used for any commercial purposes.







References

- 1. US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition.2018. Available from: https://health.gov/sites/default/files/2019-09/Physical Activity Guidelines 2nd edition.pdf.
- 2. World Health Organization. WHO guidelines on physical activity and sedentary behaviour.2020. Available from: https://www.who.int/publications/i/item/9789240015128.
- 3. Department of Health and Social Care LCWG, Department of Health Northern Ireland, and the Scottish Government,. UK Chief Medical Officers' Physical Activity Guidelines. 2019. Available from: https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report.
- 4. Sherrington C, Fairhall NJ, Wallbank GK, Tiedemann A, Michaleff ZA, Howard K, et al. Exercise for preventing falls in older people living in the community. Cochrane Database Syst Rev. 2019;1(1):Cd012424.
- 5. Wang D, Wang P, Lan K, Zhang Y, Pan Y. Effectiveness of Tai chi exercise on overall quality of life and its physical and psychological components among older adults: a systematic review and meta-analysis. Brazilian Journal of Medical and Biological Research. 2020;53.
- 6. Wayne PM, Walsh JN, Taylor-Piliae RE, Wells RE, Papp KV, Donovan NJ, et al. Effect of tai chi on cognitive performance in older adults: systematic review and meta-analysis. Journal of the American Geriatrics Society. 2014;62(1):25-39.
- 7. Wu Y, Wang Y, Burgess EO, Wu J. The effects of Tai Chi exercise on cognitive function in older adults: A meta-analysis. Journal of Sport and Health Science. 2013;2(4):193-203.
- 8. Wang C, Bannuru R, Ramel J, Kupelnick B, Scott T, Schmid CH. Tai Chi on psychological well-being: systematic review and meta-analysis. BMC Complement Altern Med. 2010;10:23.