



# SILVER SALTIES

## Tai Chi and Meditation



**Objective** To promote physical health including balance and strength, and emotional wellbeing through a series of slow, relaxed, non-strenuous movements in the park near the beach

### Duration

30 - 45mins

### Frequency

1+ session a week

### Program

5 - 10 weeks

### Place

Park



### Intensity

Light to Moderate. Suitable for all participants, including those with limited mobility and fitness.



## A Typical Session

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader. This may involve introducing the Tai Chi instructor – 5min
- Warm up including head rolls, simple stretches, shoulder rolls, arm circles, knee circles and hip rolls – 5 min
- Tai Chi form / routine – approx. 10-20min
- Cool-down including slow walk, gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

## Safety

All participants should:

- Consult with their doctor before participating.
- Bring any medications, asthma puffers, and water.
- Wear comfortable clothing for doing a range of postures including bending and stretching.

## Background

Tai Chi is an ancient healing art that originated in China and has been used for centuries to help promote the flow of energy throughout the body.

It is regularly practiced by seniors in China every morning as a form of exercise.

It is referred to as “moving meditation” by many health professionals.

**Benefits** Practicing Tai Chi regularly is known to enhance health and fitness. It can also help seniors with a better sense of balance and strength.

A 2011 study published on the British Journal of Sports Medicine found evidence that Tai Chi can help with fall prevention and offer general health benefits for older people.

Source: <http://medicalalertsystemshq.com/fall-prevention/basic-tai-chi-movements-for-seniors-to-improve-strength-balance-video.html>, viewed 27/08/19