WEEKLY WELLNESS TIP

Tai chi for strength and toning

Safe and effective for all ages and levels of athletic fitness, tai chi is a low-impact Chinese exercise program usually done in large groups and led by a qualified instructor.

How is it done? A sequence of body positions creates a single, fluid, whole-body movement. Each movement strengthens and tones a group of muscles, tendons, and joints.

What are the possible benefits? Tai chi can improve strength, muscle tone, coordination, flexibility, and posture. It has been shown in clinical trials to reduce blood pressure and heart rate.

Find a qualified practitioner. Group Health members receive a 20 percent discount under Complementary Choices found at ghc.org. You can also find tai chi classes offered at many community centers and health clubs.

This tip is provided by Group Health Physicians.
For information on all kinds of health topics,
visit the Group Health website at ghc.org.

GroupHealth®

XB0001141-02-16 2016-06