

Try Tai Chi



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Enhancing your wellbeing
with adapted Tai Chi

Would you like to
learn some Tai Chi?

Develop better
posture

Improve balance

Gentle
exercise

Improve
flexibility

Help with
anxiety



Breathing
exercises

Reduce stress

Learn relaxation
techniques

Low impact

For more information about Tai Chi or to attend the Try Tai Chi course,
please contact the Physiotherapy department on **01252 729422**
or email physio@pth.org.uk.

Please note: these groups are for Phyllis Tuckwell patients and carers only.

To book your place call **Jo MacNeill** on **01252 913033**

Living
Well



what is Tai Chi?



Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th century China, it is now practised in many different countries as a health-promoting exercise.

what are the health benefits of Tai Chi?

Tai Chi is thought to reduce stress, and improve posture, balance and general mobility.

do I need to be fit to do Tai Chi?

No, anyone can do Tai Chi. It is ideal for those who want to raise their activity levels gently and gradually. Many Tai Chi movements can also be adapted for people with a disability, including wheelchair users.

am I too old for Tai Chi?

No. Tai Chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints, so most people should be able to do it.

can I injure myself doing Tai Chi?

Tai Chi is a gentle activity that is unlikely to cause injury if done correctly. The exercises involve lots of easy, flowing movements that don't stress the joints or muscles.

is this run as a course?

Yes, it is a six week course.

can I still attend if I am wheelchair-bound?

Many Tai Chi movements can be adapted for wheelchair users, but you may wish to speak to a Phyllis Tuckwell Physiotherapist, who can explain more about the group and help you decide if it is appropriate for you.



what is the basic technique?

Tai Chi is characterised by its slow, graceful, continuous movements that are gentle on the joints and muscles. Done correctly, you will find that the Tai Chi poses flow smoothly from one to another.