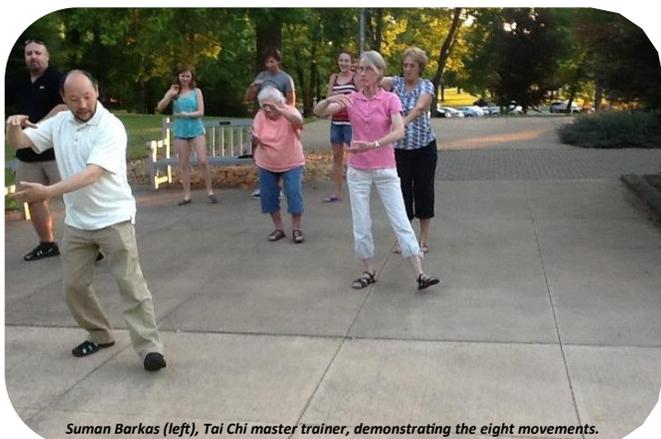




## Tai Chi Moving For Better Balance



Suman Barkas (left), Tai Chi master trainer, demonstrating the eight movements.

- ◆ On average 3 older Ohioans suffered fatal falls each day.
- ◆ Falls and fall-related injury seriously affect older adults' quality of life and present a substantial burden to the Ohio health-care system.
- ◆ *Tai Chi: Moving for Better Balance* is an evidenced based group program that focuses on improving functional ability to reduce fall-related risks and frequency.

### Health Benefits of Participating in *Tai Chi: Moving for Better Balance*

- Improved social and mental well-being,
- Improved balance and physical functioning,
- Improved confidence in conducting daily activities,
- Reduced risk of falling and sustaining associated injuries, and
- Maintained independence and improved quality of life.

### What to Expect from a Tai Chi Class

Tai chi: Moving for Better Balance involves low impact exercise. The 12-week class is offered for three hours per week and is led by a trained Tai Chi instructor. It is intended for people aged 60 and older. Participants learn and perform a program of eight forms that progress from easy to more difficult. The program can accommodate persons with various physical conditions.

To find a Tai Chi program in your area or additional resources about fall prevention please contact: ODH Violence and Injury Prevention Program at 614-466-2144 or [HealthyO@odh.ohio.gov](mailto:HealthyO@odh.ohio.gov)

### More Resources

**Falls are not a normal part of aging.** There are simple steps that older adults can take to reduce their risk for a fall. For more information:

- **Ohio Violence and Injury Prevention Program:** [www.healthy.ohio.gov/vipp/injury.aspx](http://www.healthy.ohio.gov/vipp/injury.aspx)
- **Centers for Disease Control and Prevention:** [www.cdc.gov/ncipc/duip/preventadultfalls.htm](http://www.cdc.gov/ncipc/duip/preventadultfalls.htm)
- **National Council on Aging:** [www.ncoa.org/improve-health/falls-prevention/](http://www.ncoa.org/improve-health/falls-prevention/)