



increased mobility  
*better* heart health  
sharper mind LESS STRESS  
BETTER BALANCE  
improved MOOD  
pain relief

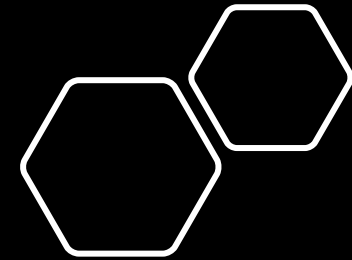
# Tai Chi



Harvard Health Publishing  
HARVARD MEDICAL SCHOOL

*Trusted advice for a healthier life*

Improve balance and flexibility... Ease  
pain... Strengthen your heart... Reduce  
stress and more with Tai Chi!

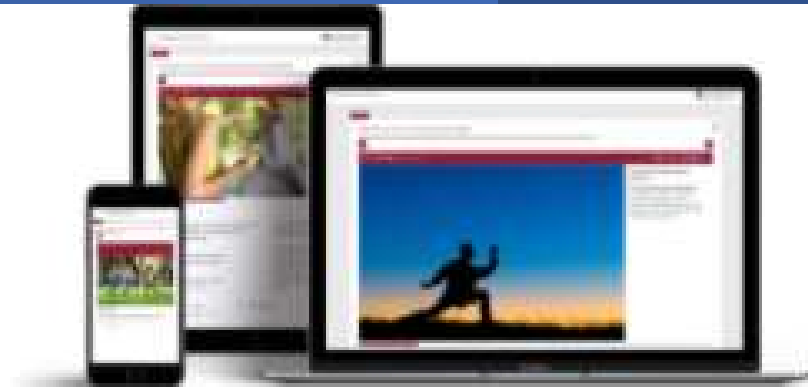


***Introduction to Tai Chi*** is one of the most exciting online courses ever developed by Harvard health experts. But just what is tai chi? Tai chi is a form of mind-body exercise that is based on slow, flowing, and choreographed movements.

The benefits of tai chi can help you function better in your everyday life. For example, it can help improve your balance and muscle tone while fostering a calm, focused clarity of thought.

Classic texts say that tai chi will help you become “Strong as an oak, flexible as a willow, and [mentally] clear as still water.”

**It's often called *meditation in motion*.** Scientific studies are showing more and more health benefits that you can get from this practice. In fact, the health benefits are so numerous, some people call tai chi: *medication* in motion.



**Learn anytime, anywhere!**  
Access your ***Introduction to Tai Chi*** course whenever it's convenient for you from your smartphone, laptop, tablet, or desktop computer. Tai chi is great for people of all ages and the videos and slides make it fun and easy to do.

**LEARN MORE**

## 7 Amazing Reasons to Start Doing Tai Chi Today!

The ancient Chinese practice of tai chi is becoming widely recognized as one of the most powerful ways to improve both physical and mental health. Try *Introduction to Tai Chi* today and help your health with:

- **Better Balance:** Studies show older adults who did tai chi one to three times a week were **43% less likely to fall**, and they *cut their risk of injury in half!*
- **Pain Relief:** Tai chi offers significant relief from back, neck, arthritis, and fibromyalgia pain
- **A Sharper Mind:** It's shown to help reduce age-related cognitive decline ... and even slow dementia!
- **Better Heart Health:** Tai chi may reduce your chances of developing heart disease — even if you have risk factors
- **Improved Mood:** In 82% of studies, tai chi greatly improved mood and lowered anxiety. It's also an effective treatment for depression
- **Less Stress:** Learn the secret to taking deep, calming breaths and reduce anxiety and depression
- **And so much more!**

**Start Harvard Health's *Introduction to Tai Chi* online video course** today and discover why nearly 4 million people practice the slow, flowing movements. From the beginning of this fun and exciting course you'll see how tai chi differs from most traditional Western exercises. Tai chi isn't about tensing muscles and trying to pump up your heart rate through fast movements. The focus of tai chi is on control. The practice will help you slow down and relax your muscles so your body moves more freely.

In addition to the fascinating facts you'll uncover about tai chi, you'll get expert how-to video instruction narrated by Harvard researcher and tai chi instructor Peter Wayne, Ph.D. and performed by Stanwood Chang renowned tai chi master. You'll learn everything you need to start practicing tai chi right now including:



- The eight active ingredients of tai chi
- Breathing techniques that promote relaxation
- 9 standing tai chi calisthenics
- 6 traditional tai chi elements
- 5 seated tai chi calisthenics
- Simple steps to building your own tai chi routine
- And more

## Tai chi is fun, invigorating, and great for people of all ages and all fitness levels.

In your 20s and 30s it can boost athletic skills by improving focus. (In fact, Tom Brady uses it)! In your 40s and 50s it can reduce stress caused by work and hectic schedules. And in your 60s, 70, 80s and beyond tai chi's restorative powers can help you age more gracefully and function at a higher level than those who don't practice it.

**Start Harvard Health's *Introduction to Tai Chi* online course** today and start enjoying the dozens of proven health benefits of this gentle, mind-body exercise today.

***Introduction to Tai Chi*** is the perfect way to begin the practice that can improve your health in so many ways. This online, video course makes it so easy to learn. You choose the time and you set your own pace. This course lets you:

- Get expert guidance from top Harvard experts and tai chi master Stanwood Chang
- Listen and learn whenever and wherever it's most convenient for you
- Watch, pause, and watch again as often as you want
- Skip to slides and videos that interest you most
- The course is always available, it never expires

**Don't miss out.** Enroll in ***Introduction to Tai Chi*** today and start enjoying the dozens of proven health benefits of this gentle, mind-body exercise today.





**“Be as still as  
a mountain**

**Flow like a  
great river”**

***Lao Tzu***

