

Tai Ji Quan: Moving for Better Balance® – A Balance Training and Fall Prevention Program

Fact Sheet

- A novel and unique approach that represents a paradigm shift from traditional and contemporary applications of Tai Ji Quan to health promotion and therapeutically tailored training for balance and postural control
 - Integrates yin-yang theory through interweaving states of instability and stability for equilibrium training
 - Tailored, therapeutic, and functional
- Proven effective in contributing to improvement in balance deficits and fall risks via randomized controlled trials with older adult populations and people with movement disorders
 - Aids in improving lower limb muscular strength, sensory integration, limits of stability, and global cognitive function
 - Has reduced incidence of falls by 55% in community-dwelling older adults and by 67% in people with Parkinson's disease
- Cumulative study results published in peer-reviewed, high-impact scientific journals
 - Evidence established in multiple studies
 - Study results published in the *Journal of the American Geriatrics Society*, *Journal of Gerontology: Medical Sciences*, and *New England Journal of Medicine*
- Translated into community use and ready for dissemination in various settings
 - Program materials ready for widespread use and available to the public
 - Ideal for senior centers and community centers, non-English speaking community organizations serving older adults, and clinical practice
- Reviewed by aging services agencies and supported by public health authorities and advocacy organizations
 - Administration on Aging
 - Centers for Disease Control and Prevention and the National Council on Aging
- Community-instructor training available
 - Training programs created and conducted by the program developer and qualified instructors
 - For more information, visit tjqmbb.org/program.html
- Low-cost, with no specialized equipment needed
 - Training routine requires only armless chairs
 - Costs as little as \$3-\$5 per person per class