Tai Ji Quan: Moving for Better Balance®
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%-58% 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*, *American Journal of Public Health*, *New England Journal of Medicine*, and *JAMA Internal 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