



Purpose

The exercises presented in this DVD provide older adults with a home-based *Tai Ji Quan: Moving for Better Balance*® (TJQMBB) program that can be practiced daily to improve their lower-extremity strength, postural balance, and functional mobility.

DVD Menu

The menu presents the following 4 parts:

- Greetings and Instructions
- Warm-up exercises (ankle-sway, breathing, and stepping)
- Individual Form Exercises
 - Exercise 1: “*Move a ball*” and “*Part Wild Horse’s Mane*”
 - Exercise 2: “*Brush Knees*”, “*Repulse Monkey*” and “*Fair Lady Works the Shuttles*”
 - Exercise 3: “*Grasp Peacock’s Tail*”
- Home Exercise Routine

Each exercise segment can be played or practiced individually with the following length:

- 10 minutes long for Warm-up Exercises
- 20 minutes long for Individual Form Exercises combined
- 22 minutes long for Form Routine

Practice Recommendations

- Performing warm-up exercises at each practice is strongly recommended to warm up muscles and joints and prevent injuries
- The three individual form exercises (Exercises 1 through 3) should be used as a primary source of learning and practice in the first week or two to get acclimated to the Tai Ji Quan forms shown in the “Home Exercise Routine”
- Once all the forms can be performed with confidence, the “Home Exercise Routine,” which is considered the core of the program, can be practiced daily. On a weekly basis, Individual Form Exercises can be included to supplement the core exercise.

Safety Warning

- Consult with a healthcare provider before using this program
- Leg muscle soreness may occur at the beginning weeks of practice
- Exercise Alternatives provides the content for this program and it will not be responsible or liable for any physical injury or health problems that arise from its use

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