



# “TaiChi” Exercise for Elderly Care

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Dear Editor,

“TaiChi” is a traditional Chinese exercise for over a thousand years ago in China. This is a mind-body sports activity for maintaining the body's health. It also consists of motion in quiescence or active which is suitable for the elderly as an exercise. “TaiChi” concept is similar to the traditional Chinese medicine “Yin-Yang” theory. The exercise inspires the internal energy (Qi) to achieve body regulation for enhancing the defence and combat diseases.<sup>1</sup>

Growing evidence has shown that “TaiChi” benefited physical function and health-related diseases quality for the elderly. This was improved body balance, flexibility, and muscle strength as well as promoted confidence in the elderly less robust.<sup>2</sup> The long-term practice of “TaiChi” was effective to prevent and treatment of diseases (Table 1).

The above information demonstrates that a “TaiChi”

	Nguyen MH et al. (2012) <sup>3</sup>	Lo HM et al. (2012) <sup>4</sup>	Li F et al. (2012) <sup>5</sup>	Lyu J et al. (2018) <sup>6</sup>
<b>Objective</b>	Evaluating the effects of TaiChi exercise on physical fitness, blood pressure, and perceived health in community-dwelling elderly	A Tai Chi exercise programme improved exercise behaviour and reduced blood pressure in outpatients with hypertension	Tai Chi and Postural Stability in Patients with Parkinson's Disease	Efficacy of practising Tai Chi for older people with mild dementia: protocol for a randomised controlled study
<b>Disease</b>	Obesity, Blood pressure	Hypertension	Parkinson's	Mild dementia
<b>Participants</b>	96 participants with obesity or blood pressure	27 outpatients with hypertension	195 patients with Parkinson's	80 participants with mild dementia
<b>Intervention</b>	60-minutes TaiChi practice session twice a week for 6 months	Tai Chi exercise programme three times a week for 8 weeks	60-minutes exercise sessions twice a week for 6 months	20-minutes exercise sessions three times a week for 10 months
<b>Results</b>	TaiChi significant decreases in systole of 12 mmHg and heart rate of 6.46 bpm  The body mass index and waist-hip ratio reduces to 1.23 and 0.04 respectively	TaiChi exercise offers outpatients with hypertension additional options, such as an adjunct to formal cardiac rehabilitation or an alternative in their management of hypertension	TaiChi training reduces balance impairments in patients with mild-to-moderate Parkinson's disease, also improves self-falls capacity	TaiChi is effective to prevent the onset of dementia, delaying age-related cognitive decline, and benefiting the prognosis of dementia

**Table 1.** A Simple Summary of Taichi Exercise on the Prevention and Treatment of Diseases for Some Published Papers.



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exercise is good for elderly care because this is a non-pharmaceutical therapy to prevent diseases and keep the body healthy. It is more suitable and further developed to combine with other therapies for preventing and combating diseases.

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