



For older adults, just one session a week of tai chi – a gentle martial art form – can help lower the risk of dangerous falls.

Researchers studied some 700 people age 60 and older and found that those who took a weekly class for four months cut their risk of falling by one-third.

Tai chi improves balance and stability, says Dr. Robert G. Cumming of the University of Sydney in Australia.

A woman with blonde hair, wearing a white long-sleeved top and white wide-leg pants, is performing a Tai Chi pose. She is standing on a rocky surface with a blue sky and ocean in the background. Her hands are pressed together in a prayer position above her head, and her feet are in a wide, stable stance.

TAI CHI

keeps
seniors
upright