

Anti-Ageing and Tai Chi for everyone.

“Anti-Ageing” is now a buzz word. The Anti-Ageing concept is about achieving optimal health for the chronological age. In a way, certain behavioural change can bring about the reversal of damage to our body that has already occurred. In this sense, it makes us “younger” therefore it is indeed “anti-ageing”.

Our body has an incredible power to heal so long as we look after it. There is no doubt a lot of illnesses can be brought about by neglect and self-abuse to our body. Neglect such as the lack of exercise and abuse such as smoking can bring about damage to our body and accelerate our ageing process.

It is no secret that we require a good state of physical and mental health to enjoy life.

The Physical Health aspect of Tai Chi

There is nothing new about Tai Chi aiding joint flexibility, balance and strengthening of the leg muscles.

Most people who observe on the sideline believe that Tai Chi is simple and almost effortless. We wave our arms like a crane and crouch like a tiger. It also looks like a lot of fun.

Believe me, when you try to do the horse stance for 30 seconds, you will quickly discover that your legs do start to ache very quickly. And, if you maintain this stance for a longer period, I can guarantee that you will sweat. This is the beauty of Tai Chi. You can bring it to the level that suits you. The most important is, by doing it, you can only get better and better!

A lot of the elderly are unsteady as they age. They wobble especially when they walk down slopes or stairs. This is in part due to weakness of the quadriceps (thigh muscles), which are important for stabilizing the knees. Tai Chi exercises actively engaged these muscles isometrically. These exercises are therefore crucial in fall prevention.

Try standing on one leg and kicking at an angle with the other whilst raising the leg to 90 degrees and you will soon find that Tai Chi does require some delicate balance. It does not take a genius to work out that this is why Tai Chi assists in balancing. Doctors recommend this exercise partly because of it.

There are lots of movements centred on the rotation of the hips and shoulders during the exercise to satisfy the critics about Tai Chi being mild. This is good for arthritis and the joints! Since you have the joints, you might as well use them.

Mental Health aspect of Tai Chi

This aspect is much less publicized and promoted.

I have always believed that one part of the human spirit is to grow. In many ways, we grow by learning. This is fundamental. When we stop learning or growing, we degenerate. There is an even more powerful message about learning. We strive to be better and stronger everyday. No doubt that this applies to many other things Tai Chi included, and our commitment to the Tai Chi classes says it all.

When we are in the class, the process is about learning. If we are not learning a new move, we are focusing on the refinement of the movements.