



Tips on Tai Chi's Health Benefits for Older Adults

Tai chi might be the perfect form of exercise for older adults. Unlike traditional forms of exercise, tai chi is low-impact and focuses on precise movements that allow the body to slowly transition from one position to the next. The evidence shows that tai chi, which originated in China as a form of martial art, has significant value in preventing and treating many health problems that are common in senior adults today.

Harvard Health and the **Mayo Clinic** confirm that tai chi offers numerous health benefits including:

- Increased flexibility
- Improved balance and stability
- Decreased levels of stress and anxiety
- Lower blood pressure and heart rate
- Reduced symptoms of physical pain
- A heightened sense of relaxation and improved sleep at night
- Reduced feelings of depression
- Better breathing patterns, which improves oxygen flow
- Increased social engagement

The benefits of tai chi are generally greatest if you begin before you develop a chronic illness or functional limitations. Tai chi is very safe, but it is always wise to get approval from your doctor before you begin. No fancy equipment is needed, so it's easy to get started.

Live Vibrantly! at Provident Village at Canton

At Provident Village at Canton, we believe vibrant days ensure bright tomorrows, so we've created a community where seniors, quite simply, [*Live Vibrantly!*](#) Whether it's in our [Assisted Living Community](#) or [Memory Care Neighborhood](#), each day we celebrate the individuality and strengths of each resident.

At Provident Village, to *Live Vibrantly!* means that days are filled with joy, vitality, growth and security. It means residents are socially active and personally empowered, with access to the personalized care and support they need to live fully. It means residing in a community where [intellectual, social, emotional, spiritual and physical care](#) are seamlessly integrated into everyday life.

We invite you to [visit us](#) and see for yourself!