

## Our Aim

The aim of the Tai Chi Exercise Program is to provide a variety of enjoyable exercise sessions for older adults, people suffering from arthritis and diabetes from the community and surrounding area



## Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 02 6071 5200 or write to PO Box 77 Tallangatta VIC 3700



**Tallangatta Health Service**  
is a  
**smoke free facility**

## Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Community Group (MCG)
- Nurse Practitioner
- Occupational Therapist
- Nutritionist
- Pathology
- Physiotherapy
- Planned Activity Group (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

## TAI CHI EXERCISE GROUPS



**PO Box 77**  
**25 Barree Street**  
**Tallangatta**  
**VIC 3700**

**Phone: 0260 71 5200**  
**Fax: 0260 71 5293**  
**Email: [THS@ths.vic.gov.au](mailto:THS@ths.vic.gov.au)**  
[www.tallangattahealthservice.com.au](http://www.tallangattahealthservice.com.au)

**Participants require a medical clearance before attending, if over 50 years of age.**

**Forms available on request.**



**Tai Chi**

is an ancient Chinese system of slowly flowing movements and shifts of balance that strengthens the legs while conditioning the tendons and ligaments of the ankles, knees, and hips, increasing their range of motion and making them more resilient, less prone to injury.

The constant weight shifts train balance and body awareness, leading to confident ease of movement within the form and in everyday life. Tai Chi is a physical exercise that focuses the mind, while conditioning the body. Practicing twenty minutes a day dissipates stress and reduces stress-related debilities, increases stamina, and strengthens the body and will.

Western Science recognizes the following benefits of practicing Tai Chi: increased oxygen uptake and utilization (more efficient breathing), reduced blood pressure, slower declines in cardiovascular power, increased bone density, increased strength and range of motion of joints, greater leg strength, knee strength, and flexibility, reduced levels of stress hormones during and after practice, improved immune function, and heightened mood states.













**Tai Chi**

Every Wednesday in the Tallangatta Health Service Physiotherapy room  
 Tai Chi for well being— 7.30am to 8.15am  
 Tai Chi for Diabetes / Arthritis 4.30pm to 5.30pm

Tai Chi facilitates the flow of “qi” through your body. Qi is the life energy that circulates throughout the body, performing many functions to maintain good health. Practicing Tai Chi helps to strengthen your “qi”, therefore improving your health

**For more information on Exercise Programs contact main reception on 02 6071 5200**

**Examples of Tai Chi movements**

		
Starting.	Parting The Wild Horse's Mane. 3 times.	White Crane Spreads It's Wings.
		
Grasp The Bird's Tail.	Press, Sit Back.	Open up and Push. Repeat the last 4 moves, going right.
		
Carry The Tiger Over The Mountain.	Turn.	Left Heel Kick.
		
Fan Through The Back.	Turn.	Right Back Fist.