



This program is composed by Dr Paul Lam especially for people with arthritis. It is shown by scientific study to be effective and safe and supported by many arthritis foundations worldwide



**Hello**  
**My name is Carroll Eyre**  
**I am a qualified instructor of Tai Chi for Arthritis.**  
**I will be starting a class for beginners at West Park School in the Autumn. The program is also very beneficial for sufferers of Fibromyalgia. I suffer from this myself and find the program helps in many ways. It is suitable for most people and it is fun to learn. You do not need to have a health problem to join all are welcome all you need is loose fitting clothes and sensible shoes. You may join at any time anyone interested please contact the school during term time**

**01332 821964**

**or email**

**[community@westpark.derby.sch.uk](mailto:community@westpark.derby.sch.uk)**



#### What is Tai Chi?

Tai Chi originated from ancient China. Nowadays, it is practiced throughout the world as an exercise for better health. Many scientific studies have proven that it is amazingly effective for health. Tai Chi:

- is suitable for almost anyone
- effective for arthritis
- relieves stress and improves concentration
- integrates body and mind

#### Why Do Tai Chi?

Tai Chi is fun, can be easy to learn and improves your health and quality of life.

#### How Does Tai Chi Work?

Health and exercise experts advise that an exercise program for people with arthritis should incorporate exercises that improve muscular strength, flexibility, and stamina or fitness. Tai Chi is proven to improve all of these components, as well as having additional health benefits. Tai Chi improves relaxation, balance, posture, and immunity. Muscle strength is important for supporting and protecting joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, enabling you to move easier. Stamina or fitness is important for overall health

and proper function of your heart, lungs, and muscles. Tai Chi for Arthritis - the Program

There are many forms of Tai Chi, a specially designed program has many advantages. Dr Lam's Tai Chi and medical team have created a simple, safe and effective program for arthritis.

Many people have enjoyed learning the program and have gain significant health benefits. The program has been proven by scientific studies to improves pain, quality of life and balance. for more information contact your local arthritis foundation or visit Dr Lam's web site

[www.taichiproductions.com](http://www.taichiproductions.com)

**The Objectives of the program:** To provide a safe, easy-to-learn and enjoyable program for people without prior knowledge of Tai Chi.

- To relive pain and stiffness through utilizing the most appropriate forms of Tai Chi.
- To improve health in general, especially relaxation.
- To improve quality of life for people with arthritis.
- As a introduction to tai chi for anyone.

#### What are the Benefits

**Easy** to learn **Proven** to be safe and effective **Contains** essential Tai Chi principles, precautions, warm up, Qigong and two sets of forms **Improves** muscular strength, flexibility and fitness **Ideal** for beginners with or without arthritis