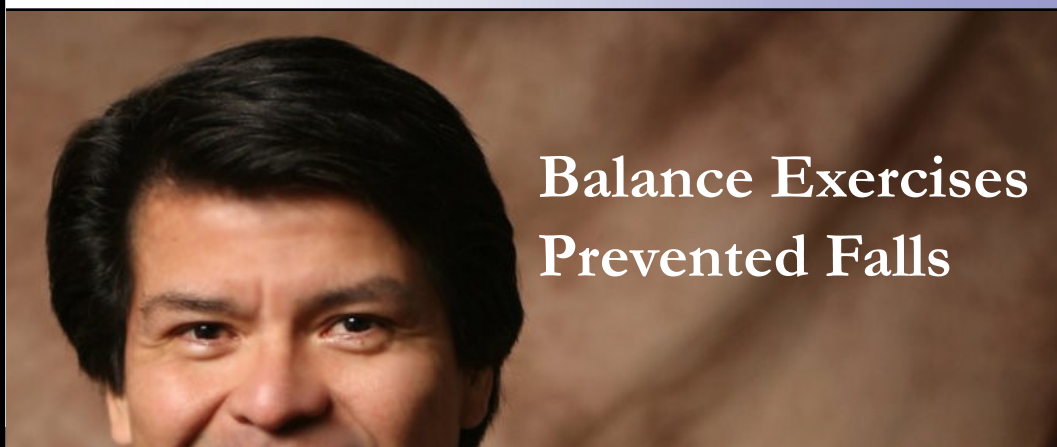




Topics for this month:

Balance Exercises Prevented Falls

Know your Blood Pressure



Balance Exercises Prevented Falls

Is Tai Chi better than stretching exercises?

Tai Chi is a Chinese martial art practiced for both defense training and health benefits. The term *taiji* refers to a philosophy of the forces of yin and yang, related to the moves.

A program of Tai Ji Quan balance and movement classes based on tai chi was more effective at reducing falls among older, high risk adults than conventional stretching exercises or a multimodal exercises program, reported a study in JAMA Internal Medicine in December 25, 2018 (Volume 320, Number 24).

Trial participants (670 adults aged 70 years and older

who had fallen in the previous year or who had impaired mobility) were randomly assigned to twice weekly hourly sessions of Tai Ji Quan, multimodal exercises (balance, aerobics, strength, and flexibility), or stretching (control group) for 24 weeks.

At 6 months there were 152 falls in the Tai Ji Quan group, 218 in the multimodal exercise group, and 363 in the stretching group. The Tai Ji Quan group had 31% fewer falls than the multimodal group. Practicing Tai Ji Quan requires no equipment, large space, or cost.



Woman practicing Tai Chi

Points of Interest

- Practice Tai Chi at least twice a week
- Requires no equipment, large space or cost
- Anyone can practice it





Topics for this month:

Balance Exercises Pre-vented Falls

Know your Blood Pressure

Points of Interest

- Monitor your blood pressure regularly
- Maintain a healthy weight
- Take your prescribed medications
- Less alcohol is better
- Avoid Salty foods



Know Your Blood Pressure

Blood Pressure Facts

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. High blood pressure can lead to heart disease and stroke—leading causes of death in the United States.

Can high blood pressure be prevented?

You can take several steps to maintain normal blood pressure levels:

1. Get your blood pressure checked regularly.
2. Eat a healthy diet. Lower your salt intake. High salt in-



take may increase your blood pressure.

3. Maintain a healthy weight. Try to keep your body mass index in a normal range. Lowering your body weight may decrease your blood pressure.

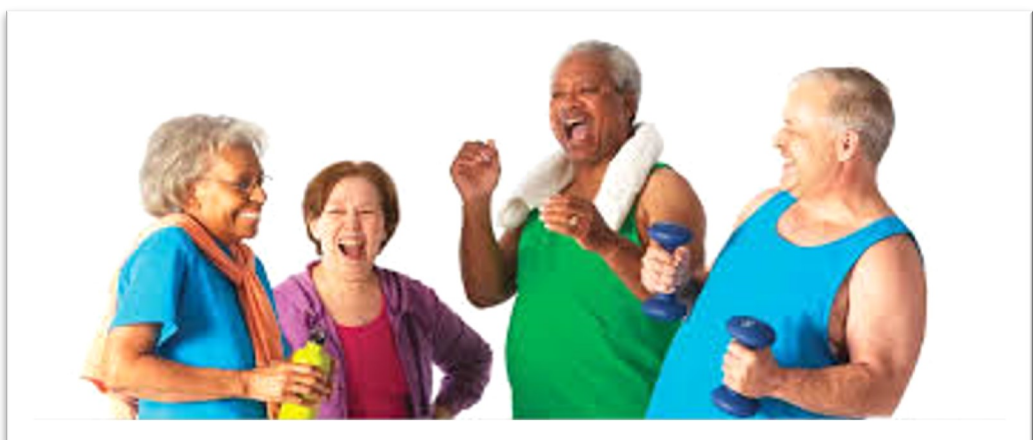
4. Be physically active. Try doing at least walking exercise for 30 minutes every day.

5. Limit alcohol use. High alco-

hol intake is directly related with high blood pressure. Studies have shown that lowering alcohol intake may reduce the blood pressure.

6. Do not smoke. Smoking is closely related to hardening of arteries, atherosclerosis and high blood pressure.

7. Take your prescribed medications.



If your address or telephone number has changed please update with our office.