

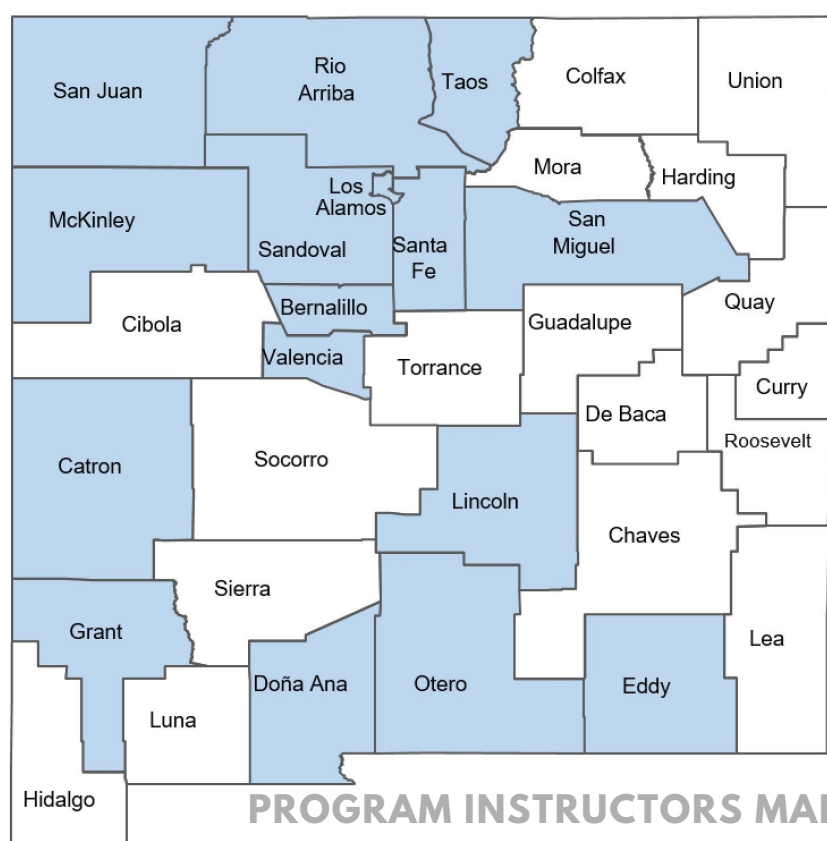
TAI JI QUAN

MOVING FOR BETTER BALANCE



WHAT IS TAI JI QUAN?

TAI JI QUAN: Moving for Better Balance (TJQMBB) is a community-based fall prevention program consisting of a 6-month class. The class is a group instruction of eight Yang-style Tai Chi forms. The Tai Ji Quan forms have been modified to improve balance and strength among older adults. The class is led by a certified instructor, typically meeting two times a week. More information can be found at TJQMBB.ORG.



MEET THE CREATOR

DR. FUZHONG LI

Fuzhong Li, Ph.D., is a Senior Scientist at the Oregon Research Institute. Since 2001, he has studied the effects of exercise, especially Tai Chi, on balance and falls prevention in aging populations. Dr. Li developed the CDC-approved falls prevention program, Tai Ji Quan: Moving for Better Balance, based on years of research. A key strengthening principle in the program is to move from a point of stability to instability and back. The target population is aging adults limited by chronic diseases. Dr. Li conducts research in relation to Parkinson's Disease, but his main concern is for public health on a large scale. He is committed to creating inexpensive, functional programs to reach millions of aging Americans.

55%
REDUCED FALL-RATE

48 **CLASS SESSIONS**

1 **HOUR SESSION LENGTH**

58 **CERTIFIED TJQMBB INSTRUCTORS**



ADULT FALLS PREVENTION
NEW MEXICO'S EVIDENCE-BASED INTERVENTIONS
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