



**Preventing Falls...  
One Step at a Time**

# STEADY U Ohio

## Partner Newsletter

### April 2019

Please use in your **April** newsletters and outreach.

### What is Tai Chi and how can it help me?

Balance and strength are two key elements in preventing a fall. Exercise helps build both balance and strength, but what kind of exercise should you be doing?

Tai Chi is one form of exercise that experts recommend for any age group. It involves a series of whole-body movements, which are performed in a slow, focused manner combined with controlled breathing. It is a low impact exercise that puts minimal stress on muscles and joints, making it suitable for anyone. It helps improve balance by targeting all the physical components needed to stay upright—leg strength, flexibility, range of motion and reflexes—all of which tend to decline with age.

Researchers at Harvard Medical School found that as an aerobic workout, tai chi is roughly the equivalent of a brisk walk, depending on your intensity as you perform it.

You do not need special equipment and you can do it indoors or outdoors, either alone or with a group. Best of all, it requires only about 20 minutes a day.

Studies have shown that Tai Chi:

- Improves balance and stability by strengthening ankles and knees;
- Improves lower body and leg strength;
- Relieves physical effects of stress;
- Promotes deep breathing;
- Reduces bone loss in menopausal women;
- Helps with arthritis pain; and
- Reduces blood pressure.

You can find a list of Tai Chi instructors on the Ohio Department of Aging website at <https://aging.ohio.gov/classes>. You can also visit [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) to find more falls prevention tips and resources.

### Social Media

**Facebook:** Tai Chi is considered one of the best exercises available for older adults. Learn what you can do to #PreventFalls at [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)

**Twitter:** Tai Chi is considered one of the best exercises available for older adults. Learn how to #PreventFalls at [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov).



### Tia's Touch-Base

May is Older Americans Month and the theme this year is *Connect, Create, Contribute*. Older Ohioans contribute to their communities daily through work, volunteer opportunities and creative endeavors, making those communities stronger. We hope that you will think of ways you can engage with older adults in your communities to promote learning, health and personal enrichment. Visit the ODA website at [www.aging.ohio.gov](http://www.aging.ohio.gov) in April to learn more about Ohio's efforts for Older Americans Month.



### Communications Corner

On the ODA website in April you will find a toolkit with Ohio-specific materials you can use to publicize your event and you will be able to register and list the events you have planned to celebrate Older Americans Month. You can also participate in ODA's social media challenge and virtual volunteer fair. Visit the ODA website at [www.aging.ohio.gov](http://www.aging.ohio.gov) in April to learn more.

### Quick Links

[www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)