



# STAY ON YOUR FEET®

Move Improve Remove

## Tai Chi for Arthritis for Falls Prevention Instructor Training

The causes of falls in the elderly include muscle weakness, poor balance and vision, lack of confidence at moving about and the effect of medication. Several studies have shown Tai Chi for Arthritis as being one of the most effective approaches for preventing falls. It works through improving balance, confidence and muscular strength. (*Tai Chi for Health Institute*).

Tai Chi for Arthritis is a program designed by Dr Paul Lam and a team of medical specialists and tai chi experts. Based on the Sun style of tai chi, Tai Chi for Arthritis is easy to learn, effective and safe.

### The principles of the program:

#### 1. Movement control

Tai chi movements are slow, smooth and continuous, helping to strengthen internal muscles, like the deep stabilizers that support and strengthen the spine. Additionally, tai chi practitioners move against a gentle resistance to build full muscular strength. Slow and smooth movements calm the mind, helping to reduce falls resulting from sudden movements that lead to significant blood pressure drop, especially in older people taking medication that can cause change of blood pressure.

#### 2. Weight transference

Tai chi practitioners are mindful of transferring weight with each step, helping to improve mobility, coordination and balance. This, in addition to emphasis on upright and supple posture, further strengthens muscles.

#### 3. Integration of mind and body

Tai chi is an internal art, which stresses the integration and balance of mind and body. Tai chi practitioners focus, calm their minds, and loosen and relax their joints and ligaments. A number of studies indicate that being confident results in less falls, since the fear of falls increases the risk of falling. Practicing a mind body exercise, such as tai chi, builds confidence, thus alleviating the fear of falling.

### About the program:

Tai Chi for Arthritis incorporates a progressive stepwise teaching method that simplifies and enhances the student's ability to learn. The teaching method also encourages students through specific positive feedback and minimal corrections, thereby enhancing their enjoyment of learning and creating a sense of achievement. Instructor training also includes understanding the principles listed above and working with students to incorporate them into real life situations. Because of the allure of the Tai Chi for Arthritis form itself and the standardized teaching method, students tend to adhere to this tai chi program much more than in a regular exercise program (Tai Chi for Health Institute).

During the instructor training program, you will learn

- Tai chi skills and knowledge as well as its principles and the forms
- How tai chi improves health and arthritis
- The Tai Chi for Arthritis set
- How to teach and deliver the program effectively and safely using Dr Paul Lam's stepwise progressive teaching method.

#### **About the presenter:**

Rani Hughes, is an occupational therapist and master trainer in the Tai Chi for Arthritis, Tai Chi for Rehabilitation, Tai Chi for Diabetes, Tai Chi for Osteoporosis, and Tai Chi for Kids programs. She has taught tai chi for over fifteen years to a diverse range of people including people with arthritis, diabetes and children.

#### **Who is eligible to attend this training?**

Everyone is welcome to attend the training, however only participants with relevant qualifications are eligible for certification as an instructor. A background working in Allied health, Nursing or fitness will be valuable. Contact Stay On Your Feet® for more information.

#### **To become a certified instructor:**

- You must have attended the workshop conducted by an **authorised master trainer**
- Have completed prior preparation and fulfilled requirements to be a safe and effective teacher of the respective program.

*Once you have completed your training you will be entitled to register with The Tai Chi for Health Institute as a certified instructor. Interested participants will need to register to become a board certified instructor and pay an administrative fee of \$25. Full details on the requirements for instructor's certification can be found [here](#). All qualified instructors are also required to complete a certificate update every 2 years to maintain their certification.*

**Tai Chi for Arthritis – 2 day course (17 and 18 November) – \$400.00**

**Tai Chi Certificate Update – 1 day course (18 November) – \$200.00**

**Tai Chi for Arthritis Part 2 – 1 day course (19 November) – \$200.00**

**Tai Chi for Arthritis Combined Part 1 and 2 – 3 day course (17 and 18 November) – \$550.00**

**\*\* (discounted rate) \*\***

9:00am - 5:00pm (lunch and refreshments provided)

City West Lotteries House, 2 Delhi Street, West Perth

**For more information phone 1300 30 35 40 or email [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au)**