

# VA Tai Chi COACH CERTIFICATION by Veteran's Health Pathways, LLC



## LEARN THE MINDFUL MOVEMENTS OF TAI CHI TO HELP VETERANS:

- Improve muscle tone for large muscles and stabilizer muscles
- Improve proprioception and stability
- Build brain plasticity
- Improve balance by focused weight transfer
- Stretch muscles and tendons from the inside
- Improve flexibility and joint range of motion
- Improve general exercise performance
- Learn to improve mental focus and attention
- Develop a daily practice for continued improvement

## TOPICS COVERED INCLUDE:

- Breath control and modification to stimulate the relaxation response
- The elements of balance and movement
- Developing techniques to avoid falls and improve fall recovery
- Joint rotational improvement and range of motion
- A simplified Tai Chi basics form that can become the basis of a daily practice



## WITH THIS CERTIFICATION YOU CAN HELP VETERANS WITH:

- Arthritis
- Fibromyalgia
- Injury impairment and recovery
- Range of motion limitations
- Living with prosthetics
- Anxiety, depression, and anger
- Lymphedema
- Parkinson's



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