

Tai Chi Exercise Routine is the Mother of Success

As our external distractions increase our stress level often increases as well, and this is a serious issue because increased stress levels have been directly linked to a myriad of health issues, both physical and psychological.

Furthermore, as a culture we Westerners spend an increasing amount of our time in pursuit of sedentary activities such as watching television, sitting at a desk, or driving an automobile. These prolonged periods of immobility can often create severe health issues as well. Too much sitting is a known cause of ailments such as hyperextension of the lumbar spine from by arching the lower back too much, and hyperextension of the shoulders from hunching or reaching forward to far when driving or working at a desk etc. Frequent hyperextension of the lumbar spine can cause the discs between the vertebrae to harden and become susceptible to injury. This is due to lack of lubricating fluids that are produced by movement. Diabetes, circulatory problems, and even increased susceptibility to certain cancers have also been linked to too much sitting.

Excessive sitting also leads to atrophy of the core muscles especially the hip flexors. These muscles are primarily responsible for structural support, balance, and mobility and if they aren't exercised regularly they quickly lose their effectiveness to perform these tasks. Weakened core muscles is also a leading cause of lower back pain. Therefore, maintaining these muscles is crucial. Another negative result of a sedentary lifestyle is that the bones in the legs can become weak and brittle, which when combined with balance issues is a disaster waiting to happen

In western societies we usually address this issue by taking a pill, maybe a vacation or by playing an occasional game of golf. However, these solutions are merely temporary fixes at best. If we are truly going to reduce our stress levels and get back in touch with our natural robust healthy selves on a long term basis, we need to follow the example of our Eastern brothers and sisters and adopt more permanent exercise routine and lifestyle changes that will benefit us for years to come. Hwa Yu Tai Chi and other forms of internal exercises are some of the best practices ever developed for reducing stress, and helping us to live a healthy, younger and harmonious life. Hwa Yu Tai Chi is a moving meditations that teach you how to center your body and calm your nervous system while simultaneously fulfilling your body's need for whole body exercise. Many medical authorities from around the world agree that internal exercise arts like Hwa Yu Tai Chi are a life-enhancing activity that help you revitalize and reenergize your mind and body.

I like to think of Haw Yu Tai Chi internal physical movement meditation as getting control of the switch and gaining the power to turn the external world off when it's time to let go and rejuvenate your whole body soul and spirit. Western cultures have all too often used tunnel vision by merely targeting their muscles, sinews, and cardiovascular functions when structuring an exercise program. Over the past decade leading educational institutions such as Harvard and Yale universities have been publishing research papers verifying what the ancient Chinese people have known as a culture for a thousand years.

- ♦ **Hwa Yu Tai Chi is really helpful for alleviating or reducing any negative effects caused by a wide array of health maladies, as well as for reducing the effects of excessive stress on the body; increases your energy and helps to make you feel good.**

Prospective students will often ask me if Tai Chi would be good or beneficial for them. And of course, the answer in most cases is yes, but only if you are willing to work at it and practice regularly. In many cases, whatever health issues a person has developed didn't suddenly arise overnight; and although everyone is looking for a quick cure-all, counteracting the adverse effects of most health issues isn't going to transpire overnight either. This factor often becomes quite a challenge for Westerners who have been brought up in a culture fixated on immediate gratification.

Load bearing activities such as walking and Tai Chi can reverse the negative effects caused by prolonged sitting by helping to strengthen and stretch the hip flexor muscles and increase bone density. Circulation and respiration will also be enhanced which will in turn increase the supply oxygenation of the blood of essential fluids and nutrients to all areas of the body, thereby improving one's overall health. So, if we want to stay healthy and active as we age, we need to keep moving. All too often Tai Chi is defined as an exercise primarily for older adults, however, this is a misnomer because starting at a younger age can help prevent or deter many of the negative health issues discussed here that are normally associated with aging. Of course not everyone would agree, but I find Tai Chi a lot more fun and less stressful on my body than high impact activities such as running or step aerobics.

To stay healthy we need permanent lifestyle changes, There are no quick fixes.

To be effective, Hwa Yu Tai Chi exercise need to become a part of your daily routine.

These exercises are only truly effective when they become a permanent part of your life.

In Christ's Redemptive Love and Grace, (Mr. Bob) Xavier Instructor