

Mayo Clinic Minute  
**Tai chi keeps seniors on their feet**

Video	Audio
	“Everyone is equal.”
	In this tai chi class, people may be equal but health risks are not. Mayo clinic endocrinologist Dr. Robert Wermers says as we age, we lose muscle mass and have a higher risk for falling.
Robert A. Wermers, M.D. Endocrinologist Mayo Clinic	“You break a lot of bones by just falling. And so anything you can do to help with balance can help, as well.”
	Dr. Wermers says any type of non-impact balance exercises two or three times a week is beneficial.
	“Only one though has actually been shown to prevent falls, and it’s tai chi.”
	Tai chi is an ancient Chinese martial art form focused on gentle movements. Along with preventing falls in seniors, it’s been shown to also promote balance, control and flexibility – allowing older adults to enjoy movement who many not otherwise get exercise.
	(Nat Sound – class taking a bow.)
	For the Mayo Clinic News Network, I’m Vivien Williams.