

THE ABCS

OF YOGA & TAI CHI

26 RESEARCH-BASED
OUTCOMES OF BOTH
ARTS.

Anxiety
Reduction

Cancer
Management

Enhanced Fracture
Protection

Gains for
Posttraumatic
Stress

Immune System
Boosting

Knee Osteoarthritis
Relief

Mood Regulation

Obtain Relief from
Depression

Quit Smoking

Strength
Improvements

Unravel Stress

Weight Control
(Obesity)

Youthful
Flexibility

A

C

E

G

I

K

M

O

Q

S

U

W

Y

B

D

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H

J

L

N

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R

T

V

X

Z

Bone Density
Improvements

Diabetes
Stabilization

Fibromyalgia
Support

High Blood
Pressure Reduction

Joint Swelling
Reduction (Arthritis)

Lower Back Pain
Improvements

Neurodegenerative
Disease
Improvements

Prevention of Falls

Reduced Markers
for Dementia

Tiredness (Fatigue)
Reduction

Vascular Function
Improvements

eXercise for
Fitness

Zzzzzs! - Sleep
Disturbance
Reduction



SCAN FOR LINKS TO RESEARCH

A B Chi The Abcs Of Tai Chi

Hussin A.Rothana

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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