

Introduction

In 1974 Dr Paul Lam, a family physician from Sydney Australia, took up tai chi to control his arthritis. Tai chi helped him overcome his condition; it also improved every aspect of his life. Dr Lam has created a series of Tai Chi for Health programs and produced instructional materials to make tai chi easy and enjoyable to learn. Through his privately owned company, Tai Chi Productions (TCP), his team has produced many best-selling titles worldwide.

In 2013, the Centers for Disease Control and Prevention and National Council on Ageing recommended Dr Lam's program. Many governmental departments around the world endorse them. There are over eight million people around the world who have enjoyed and benefited from Dr Lam's Tai Chi for Health programs.

The Tai Chi for Health Institute (TCHI) was founded in 2010 by Dr Lam and many of his Tai Chi for Health colleagues with the purpose of empowering people to improve health and wellness through the Tai Chi for Health programs, by monitoring the quality and standards of the training and to provide support for instructors. It is a non-profit organisation registered in the State New South Wales, Australia and governed by a democratically elected board.

Both TCHI and TCP have the same purpose and naturally there is close collaboration to save resources. This does not compromise either organisation's independence. Dr Lam is committed to supporting the Tai Chi for Health vision and has always personally offered significant discounts to instructors of the program through Tai Chi Productions.



A Board certified instructor has fulfilled the requirements, completed the training of a Tai Chi for Health program, adheres to the TCHI Code of Ethics and is registered with the Tai Chi for Health Institute Board. Only board certified instructors are licensed to teach Tai Chi for Health program/s and allowed to use the Institute's logo. All currently certified instructors are listed on www.tchi.org

Your Local Board Certified Instructor

Tracy Mitzner, Ph.D. (Principal Investigator)

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For more information about the Tele Tai Chi for People Aging With Long-Term Mobility Disabilities Research Study go to our website: <http://www.rerctechnsage.org>. This study is funded by the Department of Health and Human Services (National Institute on Disability, Independent Living, and Rehabilitation Research).



Our purpose is to empower people for better health and wellness. The green represents trees, brown the earth, we are tree farmers who sow the seeds of tai chi.



Purpose of TCHI

To empower people to improve their health and wellness

Vision of TCHI

Making Tai Chi for Health accessible to everyone for health and wellness

Who We Are

The Institute represents all certified instructors/leaders of the Tai Chi for Health programs. It is administered by a director and a governing board consisting of master and senior trainers, instructor, participant (or student) and nominated expert/s. Minutes from board meetings and our constitution are posted online.

What We Do

Our primary focus is to train safe and effective instructors for the programs.

For details, please refer to:
<http://taichiforhealthinstitute.org>

Mission

• Training effective and safe teachers of the Tai Chi for Health

programs

- 1) Train effective and safe teachers:
- 2) Develop and coordinate Senior Trainer certification programs
- 3) Develop and execute Master Trainer certification programs

• Developing effective programs through research and development.

- 1) Modify existing programs as needed and create new ones as the need arises.
- 2) Provide support to Master Trainers / Senior Trainers /instructors
- 3) Serve as consultant for proposed research projects
- 4) Develop collaborative projects with universities and other research investigators
- 5) Provide leadership for targeted clinical research in fall prevention, arthritis, diabetes, osteoporosis, health challenges for kids, etc.



• Making the world aware of tai chi as a modality which promotes health.

- 1) Collaborate with other organizations such as the Arthritis Foundation.
- 2) Serve as a resource for health policymakers, academics, and practitioners including journalists, teachers, youth and civic leaders.
- 3) Target universities, key organizations and work sites for instructor workshops
- 4) Obtain accreditation for CEUs for instructors taking the workshops

