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Limber Up Exercise for Seniors

“Head, shoulders, knees and toes, knees, and toes...” Who can still touch their knees and toes?! So, what do you do to stay fit and limber? Some days, we can find it hard to just get out of bed or up from a chair; but there are low-impact, low-energy exercises that are great for keeping our muscles and joints “oiled” and moving as they should, while keeping our minds relaxed and distressed. Tai chi and yoga are two of these exercises.



Tai chi is defined by Merriam-Webster Dictionary as an ancient Chinese discipline of meditative movements practiced as a system of exercises; it is based in martial arts, and involves slow movements and deep breaths. Yoga is defined by Merriam-Webster Dictionary as a system of physical postures, breathing techniques, and sometimes meditation, and is derived from the Hindu theistic philosophy which promotes physical and emotional well-being. Where tai chi focuses on relaxed movements, yoga focuses on stillness. Tai chi and yoga have many physical and emotional benefits which include:

- Decreased Anxiety and Depression
- Improved Cognition in older adults
- Improved Balance and reduces risk of falling in older adults
- Better Sleep
- Manage symptoms of some chronic diseases such as Fibromyalgia, COPD, Parkinson’s Disease, Heart Disease and Arthritis



The benefits are too great to ignore; either form of exercise is worth a try to help lose weight, increase flexibility, reduce pain, regulate breathing, etc. Always check with a doctor before starting a new exercise program to determine what modifications, if any, are necessary. Kudos to you for taking an interest in a better you!



Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

<https://www.livestrong.com/article/345823-comparison-of-the-benefits-of-tai-chi-yoga/>

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<https://www.mindbodygreen.com/articles/the-11-major-types-of-yoga-explained-simply>



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