

# Tai Chi & Qi Gong Resources & Research

## Resources

### Articles

Tai Chi: What you need to know

<https://www.nccih.nih.gov/health/tai-chi-what-you-need-to-know>

Qi gong: What you need to know

<https://www.nccih.nih.gov/health/qigong-what-you-need-to-know>

Tai Chi for Seniors: The Benefits and How to Get Started

[https://www.activebeat.com/your-health/senior/the-benefits-of-tai-chi-for-seniors-and-how-to-get-started/?utm\\_pagetype=long](https://www.activebeat.com/your-health/senior/the-benefits-of-tai-chi-for-seniors-and-how-to-get-started/?utm_pagetype=long)

### Organizations:

<http://www.taichieasy.org/>

<https://www.healerwithinfoundation.org/taichieasy>

<https://taichiforhealthinstitute.org/>

<https://qigonginstitute.org/>

### Instructional Tai Chi Easy™ Walking Videos

Roger Jahnke demonstration (4 minutes): <https://www.youtube.com/watch?v=dijBCf8GUVs>

Walking with narration ( 3.5 minutes) <https://www.youtube.com/watch?v=C8VqlRCRP0g>

Class demonstration: (3 minutes) <https://www.youtube.com/watch?v=JjOgHjAfJY>

## Research

[Effectiveness of tai chi on quality of life, depressive symptoms and physical function among community-dwelling older adults with chronic disease: a systematic review and meta-analysis.](#)

[Effects of tai chi on balance and fall prevention in Parkinson's disease: a randomized controlled trial.](#)

[Effects of qigong on systolic and diastolic blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis](#)

[The effect of tai chi on functional mobility, balance and falls in Parkinson's disease: a systematic review and meta-analysis of systematic reviews.](#)

[Effects of tai chi-based cardiac rehabilitation on aerobic endurance, psychosocial well-being, and cardiovascular risk reduction among patients with coronary heart disease: a systematic review and meta-analysis.](#)

[Tai chi and qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis.](#)