



# Promoting Vitality and Well-being - Canada -

**How Taoist Tai Chi® arts Impact Health and Reduce Costs to Public Health Services**

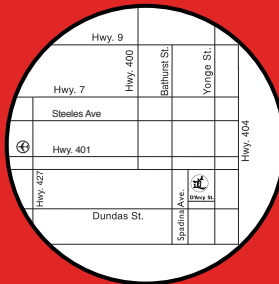


## Survey Purpose

As governments struggle with mounting health costs, Fung Loy Kok Institute of Taoism wanted to capture some of the specific ways in which Taoist Tai Chi® practice impacts the use of public health services.

We administered a questionnaire with over 6,000 of our 12,000 participants across Canada responding. While the survey results emphasise the usual health benefits of fitness, these are significant because Taoist Tai Chi® arts is a gentle form of training that can be done by anyone.

The data collected provide a compelling snapshot of ways in which Taoist Tai Chi® practice can improve individual health and, as a result, collectively reduce impact on public health services.



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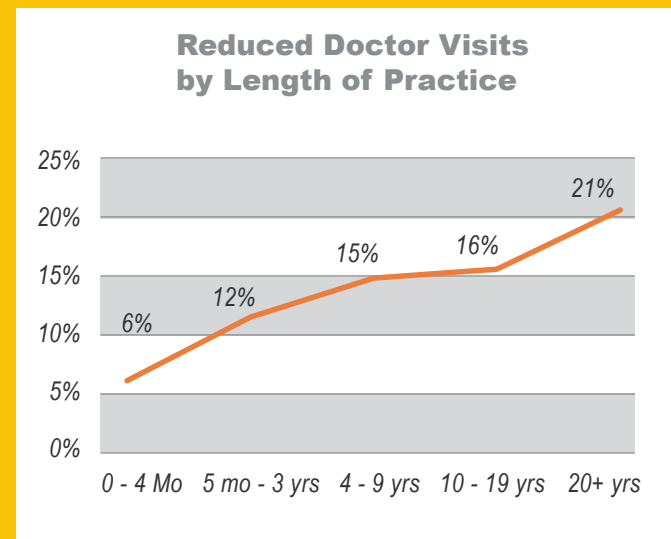
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**FUNG LOY KOK TAOIST TAI CHI®**



**96%**  
of respondents  
reported improved  
balance



## Health Improvements

This survey looked closely at certain health issues which often involve consultations with physicians, including medication use, experience of pain, balance, mobility, mental health, receiving home care and giving home care.

For participants who reported changes in these issues, 14% of participants reported seeing doctors less often because of their Taoist Tai Chi® practice.

Reporting fewer doctor visits increases with length of time practicing Taoist Tai Chi® arts.



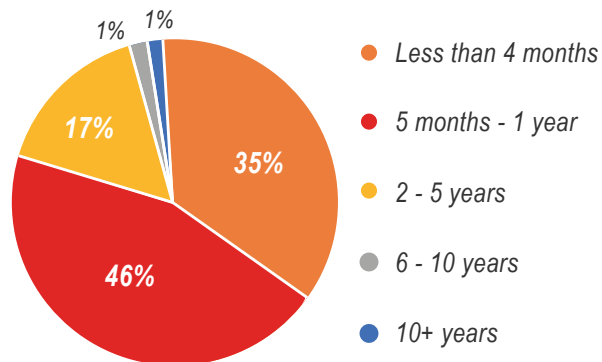
## Early Practice Benefits

The high response rate and exceptional openness of our participants in the stories they shared is the foundation of a new report.

Each section summarizes statistical data, adds quotes from respondents, and includes information on Canadian health.

Among participants who have experienced health improvements and report when these first occurred, more than 8 out of 10 (81%) point to the first year of practice.

### How soon did you begin to realize health improvements after starting Taoist Tai Chi® practice?



Among respondents reporting an impact on their mental health, more than half cite improved mood and increased energy.

The positive impact on aging in terms of reported improvement in daily life rises significantly as age group increases.

**Read the full reports here:**  
[taoist.org/health-report](http://taoist.org/health-report)  
[taoist.org/detailed-report](http://taoist.org/detailed-report)  
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