

Tai Chi Benefits for Tennis or Golf

Health Benefits	Potential Results	Potential Tennis/Golf Benefits
Relax - relieve stress & anxiety	Promotes a calm, centered approach	More relaxed, looser strokes
Releases tension	More circular, fluid movement	Less tension in racquet grip (help prevent tennis elbow)
More patient mindset	Allows the body to stay connected and move as one coordinated unit	Not rushing shots
Improve breathing	Helps clear the mind, improves stamina	Greater endurance
Lower high blood pressure	Reduces risk of heart issues	Reduces risk of heart issues
Boost immune system	Increases energy level	Raises your body/court awareness
Improve balance & coordination	Better stability and "foot sense"	Better sense of weight shift, court movement
Improve posture, stretch & tone body	Better alignment from neutral posture	Keeps back relaxed and muscles more open
Achieve better physical & emotional balance	Meditative movement helps calm nerves	Helps settle the up and down emotions
Develop inner awareness & mental focus	More intuitive - external things happen more freely	Less mind chatter, more spontaneity
Increase joint & tendon flexibility, elasticity	Decreases risk of injury	Easier to bend and get to low balls
Improved movement & fluidity	More circular flow & momentum	Smoother court movement
Improved sleep	More energy	More energy
Heightened body awareness	Body scans help identify tension - more alert and focused	Raises overall external awareness and sensitivity
Gently stretches spine, joints & ligaments	More open body structure	Helps with body coordination
More body power	Use of entire body can prevent injury	Full body connection generates more power - kinetic chain
Low impact, easy to learn exercise	Easier on joints, simple exercise goal	Better cardio performance

www.taichilee.com

[TENNIS TAI CHI](#)

