

What is Qigong?

Qi (Chi) gong is a Chinese practice that combines physical movement, breathing techniques, and meditation to promote health and healing. It has been used for thousands of years in Chinese medicine and has been gaining popularity in the Western world as a safe and effective form of exercise for seniors.

The Benefits of Qigong for Seniors.

Qigong is an excellent form of exercise for seniors because it is low impact and gentle on the joints. It can improve flexibility, balance, and coordination, reducing the risk of falls and injuries. In addition to physical benefits, Qigong also has numerous mental and emotional benefits. It can help reduce stress and anxiety, improve sleep quality, and increase feelings of calm and well-being.

Is There Evidence?

Studies have shown that Qigong can also have positive effects on chronic conditions such as arthritis, osteoporosis, and heart disease. In a study published in the Journal of Gerontology, researchers found that Qigong improved physical function and reduced pain and stiffness in older adults with osteoarthritis. Another study published in the International Journal of Behavioral Medicine found that Qigong reduced symptoms of depression in older adults with heart disease.

Courtesy Nate Guadagni <nate@boyoga.com>

Beginner Qigong | Pacific Coast Flow | 4k Drone Ocean Footage:

https://www.youtube.com/watch?v=H_mf3cCm76o