

Published based on [Build Stronger Bones With Tai Chi](#)

# **Build Stronger Bones With Tai Chi**

Studies have shown that tai chi has all sorts of health benefits. Tai chi can help ease back pain, lower your stress level, lower blood pressure, and it can even strengthen your bones! Tai chi is also great for all ages. Click on one of the links for more information on tai chi.

Science is starting to catch up with what ancient healers have known all along. Tai chi—a traditional martial art focused on slow, steady movements and balance—is good for us, and for many reasons. A new study published this month in the *Journal of Alternative and Complementary Medicine* builds on that evidence, finding that older women with [osteoarthritis](#) partaking in a tai chi program enjoyed stronger [bone density](#) and greater flexibility, and weren't as afraid of falling

### [Build Stronger Bones With Tai Chi](#)

You can also find this article published on [Build Stronger Bones With Tai Chi](#), and on the tag pages [exercise](#), [high blood pressure](#), [stress](#), [tai chi](#), [yahoo](#), [yahoo health](#).