



Painting the Rainbow Newsletter

<http://www.paintingtherainbow.co.uk>

Community Based Tai Chi & Chi-Kung for everyone

Improvement cannot always be measured, it is something you feel

call: 0121 251 6172

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It's that time of year again when we need to be planning the **Kai Ming Christmas Party**. Last year we all went to Flavourz and the feedback was excellent...

It's a buffet restaurant near Junction 2 of M5 and serves 4 regions of food – Indian, Chinese, Italian and Mexican – plus has a fun relaxed atmosphere and is great value at around £16 per head.

We also had Christmas meal at lunchtime rather than in the evening which was really well received so we are planning this year to be a lunchtime event too.

The date will be Sunday 17th December and the time 2pm.

We need £5 per person minimum deposit ASAP and the balance no later than 30th November

Please let your instructor know how many places you would like to book or contact Mark & Jenny on markpeters@kaiming.co.uk or phone **0121 251 6172**



**KEEP CALM
IT'S
TAI CHI
PARTY TIME**

Silent Beauty

We all have a time when our life seemed perfect; mine was in our second house that we loved.

The snow falls softly in my garden as it covers the ground like a carpet of peace
My world is safe in this magical place, even

the birds are quiet, the traffic noise stilled
A great silence falls as the crystal flakes touch the earth

I feel the air is cold and clear, everything cleansed and fresh

A new beginning

When I need calm, and to feel the people and things I have loved in my life around me still, I close my eyes and I am back in my conservatory watching the snow fall with my old mom and her 'medicinal brandy' laden tea and all my faithful old dogs at my feet and for a while; all is right with the world again.

So just press your 'pause button' maybe put on your favourite music, sit back close your eyes and think of your special time and place and be happy all over again. Breathe in that deep sense of peace and relaxation as you breathe out the stresses of the day. Allow your mind to wonder, as mine does through the flakes of snow, and let each element both calm and recharge you in ways that maybe you had forgotten, only because you rarely give yourself the time to reflect in such a peaceful way.



EXERCISE REGIMES: WHY? AND HOW?

An effective fitness program is more than aerobic and strength training. To optimise the benefits of exercise, you need to WARM UP, add FLEXIBILITY and BALANCE TRAINING and then have an appropriate COOL DOWN.

CURRENT RECOMMENDATIONS

Adults

The current guidelines suggest that adults should do a minimum of 30 minutes moderate-intensity physical activity, at least five days a week. This can be accumulated in increments of 10 minutes. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous activity spread across the week or combinations of moderate and vigorous intensity activity. Strength activities – should be performed on at least two days a week.

All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Adults over 65

Participation in any amount of physical activity can result in some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.

The aim is to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.

All older adults should minimize the amount of time spent being sedentary (sitting) for extended periods.

STRENGTH ACTIVITIES – to promote and maintain health and physical independence, older adults will benefit

from performing activities that maintain or increase muscular strength and endurance for a minimum of two days each week.

FLEXIBILITY – to maintain the flexibility necessary for regular physical activity and daily life, older adults should perform activities that maintain or increase flexibility on at least two days a week for at least 10 minutes a day.

BALANCE ACTIVITIES – to reduce risk of injury from falls, community dwelling older adults with substantial risk of falls e.g. with frequent falls or mobility problems, should perform exercises that maintain or improve balance on at least two days a week.

ACTIVITY PLAN – older adults should have a plan for obtaining sufficient physical activity that addresses each recommended type of physical activity. In addition to specifying each type of physical activity, care should be taken to identify how, when and where each activity will be performed.

Tai Chi has it all!! The warm-up exercises before Tai-Chi are not only an integral part of Tai Chi but are beneficial training along with cool down and stretching/loosening to reduce the risks of strain and injury.

by Mr S K Banerjee.
Consultant in Accident & Emergency Surgery and student at Erdington class



Tai Chi Ruler

Putting it into Action

The Chi-kung set is designed to improve co-ordination and strengthen the body. The tai chi ruler comprises of relaxed, fluid, circular fluid movements synchronising the whole body, and they require a calm, quiet and meditative state of mind. The main difference is that the ruler is ideal for beginners as the

movements are fewer and much easier to learn; less space is also required to practice.

The sets are practice holding a carved wood ruler, measuring approx 10 ½ inches, between the palms. The shape is designed to encourage connection and energy flow. Tai Chi ruler is a natural Chi-kung set.

As Mark recently ran a Tai Chi Ruler workshop, I would like to share how popular this is with the students in the weekly classes. I personally use the Tai Chi Ruler (or Taiji Bang, or Stick as it is also called) at least three times a week with my PtR groups. In the photo below, one group are relaxing after class and posing with their rulers. As you can see, there is quite a range of physical abilities and levels of mobility with some more permanently wheelchair bound and some now just sitting for the photo.



One of the sessions I take is **Access Tai Chi** in Newcastle-under-Lyme. They have a very talented artist and wood carver called Roger Makings who came up with the great idea of making the members their own individual rulers. He has a friend who uses a wood lathe to make the basic shape but keeping a square section in the middle so that Roger can use his expertise to carve whatever the members wish for their own unique ruler (see photos).

It is interesting to see the different ideas that people have for their rulers from yin-yang symbols and dragons to dogs and flowers.



It obviously takes Roger quite a lot of his time to carve and paint the rulers but he very kindly just asks for a few pounds donation to the group funds for his work. It is good to see the group gaining real health benefit and taking an interest in this ancient Chinese health exercise.

I hope your classes also take part in this enjoyable coordination and health exercise. Mark, or your instructor, will be able to get you a ruler if you are interested but unfortunately we can't impose on Roger's generosity anymore.

Sessions can be run both seated and standing so everybody can join in.

Neil Rankine - PTR Instructor



Jenny's Christmas Sort Out

I looked in my wardrobe and thought for a while,

Right, I'll throw out my clothes that have gone out of style.

The ones too big, and the ones too small, I'll give them to Oxfam, get rid of them all

So I started from left, and worked to the right,

The pile soon grew to a terrible sight. Jumpers, skirts, trousers flew by, some I relinquished with a resigned sigh.

The air around me crackled with static As quickly the movements became quite erratic.

Things travelled so fast, they became a bit blurred,

Then quite suddenly my vision was stirred

That blouse is not too bad, I said to myself I could just put that one back on the shelf.

Hang on; these trousers look quite smart and dapper

If I wore those more often, I wouldn't look such a slapper!!!!

I'd better just check I've not made an error,

As I spotted my favourite jumper with a feeling of terror

So I sifted through, and put a FEW back, Then got quite a surprise as I looked at the stack.

The wardrobe door stood open wide, with everything hanging neatly inside

The trip to the charity shop, now seemed quite remote

As I didn't think they'd benefit from just ONE COAT.

by Jenny Peters