



Try It!

...Ai Chi

Ai Chi is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs, and torso in flowing continuous patterns.

Body-mind techniques such as Ai Chi have proven to reap many health benefits, such as decreased heart rate and blood pressure, increased metabolism and blood circulation, increased relaxation and decreased muscular tension. In addition, Ai Chi has proven to result in increased range-of-motion and improved balance. Ai Chi is held in a warm water pool (92-94 degrees). Note: This class is designed for students who are ambulatory

BENEFITS INCLUDE INCREASES IN:

- Flexibility
- Core (abdominal strength)
- Range of Motion
- Balance
- Coordination
- Pain management
- Relaxation
- Metabolism and blood circulation
- Oxygen consumption
- Caloric consumption
- Liver efficiency

AI CHI IS APPROPRIATE FOR:

- | | |
|----------------------------------|---------------------|
| Fatigue | Multiple sclerosis |
| Stress | Orthopedic problems |
| COPD | Migraine headaches |
| Back Pain | Cancer therapy |
| Scoliosis | Fibromyalgia |
| Arthritis | Pain management |
| Prenatal | Fall prevention |
| Hypertension | Balance deficits |
| Joint pain | |
| Carpal Tunnel Syndrome | |
| Immunodeficiency disorders | |
| Anxiety and depressive disorders | |

Sign up for one of our Try It Clinics.

Spend 30 minutes with the instructor in the pool and get a feel for what the water feels like and what the Ai Chi sessions will be like.

April 21, 2010 ___ 5:30-6:00PM
 ___ 6:00-6:30PM

***RSVP by April 14th**

May 12, 2010 ___ 5:30-6:00PM
 ___ 6:00-6:30PM

***RSVP by May 7th**

Ai Chi Clinics are held in the Al Sigl Center Pool at Door # 1, 1000 Elmwood Ave, 14620.

Try It Clinic cost is \$3.00.

Please choose a date and time, and complete the following information to register.

April 21 ___ 5:30-6:00PM

Name: _____

 ___ 6:00-6:30PM

Email: _____

***RSVP by April 14th**

May 12 ___ 5:30-6:00PM

Address: _____

 ___ 6:00-6:30PM

Phone #: _____

***RSVP by May 7th**

Please return this portion along with your payment to: SportsNet Supervisor, Rochester Rehabilitation, 1000 Elmwood Ave, Rochester NY 14620. 585.271.1894 ext 742. Fax: 585.442.6883.

aobrien@rochesterrehab.org