

SPORTS / RECREATION / COMBAT SPORTS

Tai Chi and weight loss

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12:51 PM MST

I am sitting in front of computer and watching a YouTube clip [Obesity Trends Among U.S. Adults 1985 to 2009](#) (with data from [Centers for Disease Control and Prevention](#)), and I am totally frightened.



View
1 photo

Practice Tai Chi in Brazil
<http://www.worldtaichiday.org/>



www.czl.cn

In 1985, most states in the U.S. were colored in white, pale blue and blue, which means the majority of the states was physically fit. As the years went by, the colors changed. In 1997, a new category colored in yellow was added for **obesity** rates 20% or higher. The yellow color quickly spilled over to many states. In 2001, another new category colored in orange was needed to illustrate obesity rates 25% or higher. In 2005, a third new category, this time colored in red, was created for obesity rates 30% or higher. In 2009, there were eight red states.

The Trust for America's Health and **the Robert Wood Johnson Foundation** just released their annual report ***Obesity Threatens America's Future 2011***. This report uses a slightly different grouping and has a different color designation for each group. It uses maroon for obesity rates 25% to less than 30 %. If the obesity rate is 30% or above, the color is red. It reveals 12 states burned in red on the map this year while four years ago only one state was above 30%. It is estimated in this country, two-thirds of adults and one-third of children are either overweight or obese, and the rates are climbing up fast. Obesity kills both physically and financially on a personal level as well as at the national level. As Americans become heavier each day, obesity should be the number one battle to fight against.

Bill Douglas, the Founder of **World Tai Chi and Qigong Day**, cites some research and advocates that **Tai Chi** is a great adjunct to a healthy diet program for **weight loss**. The data shows:

Body Weight of a practitioner/ in pounds: 130, 155 and 190.

- 1 Tai Chi: Calories burned per hour: 236, 281 and 345.

- 2 Surfing: 177, 211 and 259.
- 3 Very brisk walking: Calories burned per hour: 236, 281 and 345.
- 4 Water aerobics/water calisthenics: Calories burned per hour: 236, 281 and 345.
- 5 Skateboarding: 295, 352 and 431.

You can click [here](#) for a complete list of calories burned during activities, sports and exercise.

Bill Douglas further points out that Tai Chi is very safe, low-impact, requires no equipment, and can be performed anywhere including in a conference room at the workplace.

Many people wonder why we have gained so much weight while the economy is in dismay and we are getting poorer. The stress level has been rising due to the high lingering unemployment rates, the potential threat of losing one's job, overwork due to organization downsizing, financial losses, etc. Studies show that stress causes abnormal weight gain. Tai Chi has been proven as an ideal regimen for stress reduction.

Furthermore, Tai Chi helps to build and increase Qi (the live energy) flowing, which means it is a natural way to detoxify. As body functions improve, the excess fat or waste will be moved out of the system. Bill Douglas explains that Tai Chi's slow relaxing movements promote micro circulation, which helps detoxification. He notices that most Tai Chi practitioners find their metabolisms become more effective as they practice for a longer period of time.

It is hard for overweight or obese people to work out. Some people don't even feel comfortable wearing shorts to work out in front of others. It is also not advisable for obese people participating in high impact workouts. Tai Chi is mild, and people can wear any comfortable outfits to exercise. Tai Chi can also be a great gateway for people to start an exercise routine and begin to lose weight. Once people become more fit, they can choose a more strenuous workout regimen if they want to make a switch. Additionally, Tai Chi is a martial art. There are multiple styles and forms; some of them are physically challenging. Therefore, once people become more fit, their selections widen.

“ EXTRA: [World Tai Chi & Qigong Day](#) provides an extensive the medical research on Tai Chi and [Qigong](#). You can find out Tai Chi and Qigong health benefits by click the [link](#) here. You can also learn more about Tai Chi from Bill Douglas' [The](#)

*Complete Idiot's Guide to T'ai Chi and Qigong, which is recommended by many Tai Chi and Qigong masters, American Airways Magazine and **SELF** Magazine.*

Now you can follow me on Twitter <http://twitter.com/#!/TaichiExaminer> .

SUGGESTED LINKS

- Taichi and Women's Wellness Weekend
- Unveil the mystery of Medical Chi Gong by Dr. Kevin Chen
- Learn longevity from Grandmaster Kao Tao



Violet Li

Tai Chi Examiner