

# Tai Chi improves brain metabolism and muscle energetics in older adults

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A new *Journal of Neuroimaging* study provides insights into the

biochemical mechanisms by which Tai Chi— a mind-body exercise—may provide both physical and psychological benefits.

Using [magnetic resonance spectroscopy](#), a non-invasive method of measuring brain and muscle chemistry using MRI machines, tests conducted in 6 older adults enrolled in a 12-week Tai Chi program revealed significant increases in a marker of neuronal health in the brain and significantly improved recovery rates of a metabolite involved in energy production in [leg muscles](#).

"The benefits of Tai Chi have been well known anecdotally; however recent research such as our study can quantify these improvements using objective measures," said senior author Dr. Alexander Lin, of Brigham and Women's Hospital and Harvard Medical School.

**More information:** Min Zhou et al, Tai Chi Improves Brain Metabolism and Muscle Energetics in Older Adults, *Journal of Neuroimaging* (2018). [DOI: 10.1111/jon.12515](https://doi.org/10.1111/jon.12515)

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