

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

April 19 2018

---



Credit: CC0 Public Domain

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)

Provided by Wiley

Citation: Tai Chi improves brain metabolism and muscle energetics in older adults (2018, April 19) retrieved 23 April 2024 from <https://medicalxpress.com/news/2018-04-tai-chi-brain-metabolism-muscle.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--