



LAUNEX LTD

Coaching & Training

Empowering with Clarity & Confidence



Research Horizon

What Does the Science Say

Important Note:

This information reflects global research progress and is provided for educational purposes only. Always seek professional advice from your GP or specialist before making medical decisions.

Tai Chi and Aerobic Exercise: Rebalancing Movement and Mind in Parkinson's

Summary of the Research

A 2025 comparative study by Tsai *et al.* examined whether Tai Chi offers greater benefits than conventional aerobic exercise for people living with Parkinson's disease. Participants practised over twelve weeks, with assessments focusing on balance, coordination, muscle control, and cognitive function.

Both forms of exercise improved physical outcomes, but Tai Chi demonstrated a *notably stronger effect* on balance recovery, motor stability, and mental focus. The study suggests this may be due to Tai Chi's integrated movement pattern, which links slow, controlled motion with continuous sensory feedback and cognitive attention.

What This Means in Practice

For families and care partners, this research highlights that meaningful exercise does not always require high exertion. Tai Chi combines movement, rhythm, and mindfulness; strengthening posture and balance while calming anxiety and improving self-awareness.

For those supporting a loved one with Parkinson's, encouraging short, regular sessions (even seated versions) can provide both physical stability and emotional grounding. These sessions can be shared with a *Dementia Carer Specialist* or local wellbeing instructor familiar with adaptive techniques for neurological conditions.

The Launex Perspective

At Launex, we view Tai Chi as more than a form of exercise; it's a bridge between movement and mental focus. The principles of intentional motion and slow coordination align strongly with our person-centred care philosophy: re-engaging the brain through rhythm, memory, and mindful connection to the body.

Where aerobic activity strengthens the muscles, Tai Chi strengthens confidence and control, both equally vital to wellbeing.

Reference

Tsai, et al. (2025). *Comparative effects of Tai Chi and aerobic exercise on motor and cognitive function in Parkinson's disease*. [Original research article reference here].

Launex Compliance Statement

This article aligns with the standards and frameworks of the World Health Organization (WHO), International Classification of Functioning, Disability, and Health (ICF), Care Quality Commission (CQC), and International Coaching Federation (ICF).