

HOUSE RESOLUTION NO. 2011-4638, by Representative Haler

WHEREAS, Tai Chi, a traditional Chinese exercise and martial art, is a series of individual dance-like movements linked together in a continuous, smooth-flowing sequence; and

WHEREAS, Tai Chi and Qigong teach inner strength while toning muscles, increasing flexibility, and boosting immune power; and

WHEREAS, Tai Chi and Qigong naturally and safely enable people to learn and experience the benefits of concentrating and channeling internal healing energy toward mind and body, and help individuals achieve Tai Chi and Qigong's four key elements of balance, posture, breathing, and concentration; and

WHEREAS, Numerous studies have pointed to the benefits of Tai Chi including stress relief, improved balance and coordination among the elderly, and improved behavior for adolescents with attention deficit and hyperactivity disorder; and

WHEREAS, Numerous other studies on Tai Chi relating to stress, the immune system, and general health have been reviewed by the National Institute of Health and can be found at www.worldtaichiday.org; and

WHEREAS, Tai Chi and Qigong are used as helpful stress managers and behavioral modifiers for drug abusers and prison inmates in penal systems throughout the United States of America;

NOW, THEREFORE, BE IT RESOLVED, That the Washington State House of Representatives honor and recognize the esteemed teachers and dedicated practitioners of both Tai Chi and Qigong, and encourage all Washington residents to recognize the physical and mental health benefits associated with these practices.

I hereby certify this to be a true and correct copy of
Resolution 4638 adopted by the House of Representatives
March 16, 2011

Barbara Baker, Chief Clerk