



# Kuei-Min Chen

**Executive Editor  
Journal of Yoga & Physical Therapy**

# Biography

- Dr. Kuei-Min Chen is a professor and Division Chief of the Research Development at the College of Nursing, Kaohsiung Medical University, Kaohsiung, Taiwan.
- She earned her Ph.D. degree in Nursing from School of Nursing, University of Minnesota, USA in 2000.
- Her program of research has been focusing on using various complementary/alternative therapies e.g., tai chi, yoga, and elastic band to promote health of the older populations.
- She has formed a research team called Seniors Health Promotion since 2000.

# Biography

- Up-to-date, the research team has developed three senior tailored exercise programs: 1. the Simplified Tai Chi Exercise Program STEP, 2. the Silver Yoga SY program, and 3. the Senior Elastic Band SEB exercise program. These programs have been tested with various older populations.

# Research Interest

I have been focusing on using various complementary/alternative therapies e.g., tai chi, yoga, and elastic band to promote health of the older populations. Up-to-date, our research team has developed three senior tailored exercise programs: 1. the Simplified Tai Chi Exercise Program STEP, 2. the Silver Yoga SY program, and 3 the Senior Elastic Band SEB exercise program. These programs have been tested with various older populations.

# Recent Publication

- Chen KM, Huang HT, Cheng YY, Li CH, Chang YH (2014) Sleep quality and depression of nursing home older adults in wheelchairs after exercises. Nurs Outlook. 2014 Aug 23. pii: S0029-6554(14)00190-0. doi: 10.1016/j.outlook.2014.08.010.
- Chen KM, Li CH, Chang YH, Huang HT, Cheng YY (2014) An elastic band exercise program for older adults using wheelchairs in Taiwan nursing homes: A cluster randomized trial. Int J Nurs Stud. 2014 Jun 19. pii: S0020-7489(14)00162-X. doi: 10.1016/j.ijnurstu.2014.06.005.

# tai chi

- T'ai chi ch'uan or tàijíquán, often shortened to t'ai chi, taiji or tai chi in English usage, is an internal Chinese martial art practised for both its defense training and its health benefits. It is also typically practised for a variety of other personal reasons: its hard and soft martial art technique, demonstration competitions, and longevity.



# tai chi

- As a result, a multitude of training forms exist, both traditional and modern, which correspond to those aims. Some of t'ai chi ch'uan's training forms are especially known for being practiced with relatively slow movement. Today, t'ai chi ch'uan has spread worldwide. Most modern styles of t'ai chi ch'uan trace their development to at least one of the five traditional schools: Chen, Yang, Wu (Hao), Wu, and Sun.



# tai chi

- The term "t'ai chi ch'uan" translates as "supreme ultimate fist", "boundless fist", "supreme ultimate boxing" or "great extremes boxing". The chi in this instance is the Wade–Giles transliteration of the Pinyin jí, and is distinct from qì (ch'i, "life energy").





# tai chi

- In China, t'ai chi ch'uan is categorized under the Wudang grouping of Chinese martial arts – that is, the arts applied with internal power. Although the Wudang name falsely suggests these arts originated at the so-called Wudang Mountain, it is simply used to distinguish the skills, theories and applications of neijia ("internal arts") from those of the Shaolin grouping, waijia ("hard" or "external") martial art styles



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- tai chi
- Yoga practice,
- Therapeutic exercises
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