

MAYORAL PROCLAMATION

- WHEREAS,** World T'ai Chi and Qigong Day is now celebrated in 60 nations annually; and
- WHEREAS,** T'ai Chi, a traditional Chinese exercise is a series of mindful relaxed movements, increasingly found to benefit many, for people of many fitness levels; and
- WHEREAS,** numerous studies have pointed to the benefits of T'ai Chi as stress relief, improved balance and coordination among the elderly, and improved behavior for adolescents with Attention Deficit and Hyperactivity Disorder (ADHD); and
- WHEREAS,** numerous other studies related to stress and immune system and general health have been reviewed by the National Institute of Health and can be found at www.tchain.com/taich/ and www.worldtaichiday.org; and
- WHEREAS,** T'ai Chi and Qigong are used as helpful stress managers and behavior modifiers for drug abusers and prison inmates in penal systems throughout America, including in the City of Madison; and
- WHEREAS,** World T'ai Chi and Qigong Day is meant to bring practitioners together and allow people to learn more about T'ai Chi and Qigong through this day of celebration and practice, that will be celebrated around the world on the last Saturday of April each year;
- NOW, THEREFORE, BE IT RESOLVED,** that the Mayor of the City of Madison, Wisconsin does hereby proclaim April 29, 2006 as

T'AI CHI AND QIGONG DAY

in the City of Madison.



Mayor David J. Cieslewicz

Signed and sealed this 7th day of April 2006
at City Hall.

