

## **Abstract**

**Title:** Effect of Tai Chi Chuan on the health of humans

**Objectives:** The main objective of this work is to provide a comprehensive overview of the health effects of exercise Tai Chi Chuan and to add scientific studies that deal with this issue.

**Methods:** For my thesis I chose the method of literary research. It will be a summary of findings from available literature and scientific research from online databases concerning this issue. Subsequent synthesis will serve to unite the various parts of the work and the resulting overview of the current state of human health in relation to Tai Chi.

**Results:** The results of the available scientific studies confirm the positive effect of exercise Tai Chi Chuan on human health. Some of the areas in need of further exploration.

**Keywords:** health, tchaj-t'i, exercise