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Effect of Tai Chi exercise on blood lipid profiles: a meta-analysis of randomized controlled trials

Key words: Tai Chi, Blood Lipid, Triglycerides, Meta-analysis

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Research Summary

This meta-analysis mainly focused on the effect of Tai Chi on blood lipid profiles, and summarized the key effects it played in the following aspects:

- **Tai Chi lowered TG**
- **Tai Chi tended to lower TC**
- **Tai Chi had no effect on LDL-C**
- **Tai Chi had no effect on HDL-C**

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Innovation points

- **Introduction** **of Tai Chi to lipid-lowering program.**

- **Demonstraion** **of the effect of Tai Chi on lipid profiles.**

- **Emphasis** **of novel dyslipidemia treatment, especially in the elder.**

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Figure 4