



Tai Chi



Overview

This form of exercise is based on a Chinese martial art. It's slow and graceful. Some people think of it as a type of meditation. Tai chi is used to lower stress and improve overall health. And, you don't need any special equipment to practice it.

Serene exercise

With tai chi, you stand and move your body into different postures. You are in constant movement, flowing from one posture to the next without pausing. Tai chi helps build stamina and flexibility. It helps develop your balance and strength.

Is it safe?

Tai chi doesn't put too much stress on your body. It's low impact, and you can move at your own pace. It's gentle on your muscles and joints. And you can adapt your workout to accommodate your specific needs.

Conclusion

People of all ages and fitness levels enjoy tai chi. It can keep you moving even when other forms of exercise are too rigorous. But before you begin any exercise plan, check with your doctor to make sure it's safe for you.