

Tai Chi Walking for Seniors

A free, printable routine you can keep by your chair

Before you begin: This is educational, not medical advice. Talk with your doctor or physical therapist first if you've fallen recently, feel dizzy or unsteady often, or have a heart or balance condition. Clear your floor of rugs and cords, and wear flat, non-slip shoes. Keep a sturdy chair or counter within reach for as long as you need it; there's no required point at which you should stop using support. Go slowly.

The Six Steps

1. Stand tall and relax.

Feet hip-width apart, knees soft, shoulders relaxed, eyes forward.

2. Shift your weight onto one leg.

Let as much weight as feels safe settle into that leg. Hold a counter or chair if that helps; you do not need to reach 100%.

3. Step forward, heel first.

Keep the step short. Your heel touches down lightly, with no weight on it yet.

4. Roll your foot down slowly.

Let your foot settle from heel to toe, instead of placing it flat all at once.

5. Shift your weight forward.

Move slowly onto the new foot, using your support if you have it. Feel your legs doing the work, not momentum.

6. Continue with the other foot.

Your back foot is now light. Lift it and step it forward, heel first, past your other foot, the same way. Keep alternating slowly.

Your Routine: 5 Minutes or 10 Minutes

What to Do	5 Min.	10 Min.
Warm up: shoulder rolls, gentle neck turn, slow breaths	1 min	1 min
Weight shifts in place (no stepping; hand on counter if needed)	1 min	2 min
The six-step walking pattern above	2 min	6 min
Cool down: stand or sit, hands on your middle, slow breaths	1 min	1 min

These are suggested starting points, not a clinically tested program. Rest when you need to.

Your 7-Day Practice Tracker

Check a box each day you practice, even if it's just the weight shifts.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I practiced today							
Minutes							

Signs That Mean You Should Stop

Stop and rest: you feel a little tired or slightly out of breath. Sit down and try again later or another day.

Stop and call your doctor soon: you feel dizzy, nauseous, or notice joint pain that doesn't ease once you sit and rest.

Stop and call 911 right away: chest pain or pressure, sudden severe trouble breathing, or sudden signs of a possible stroke (face drooping on one side, weakness in one arm, slurred speech). Don't wait to see if these pass.

*Provided by Cottage Home Care as a free educational resource. This guide does not replace medical advice.
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