

Tai Chi Indoor Walking

A 10-minute routine for a small kitchen or hallway, done beside a counter or rail.

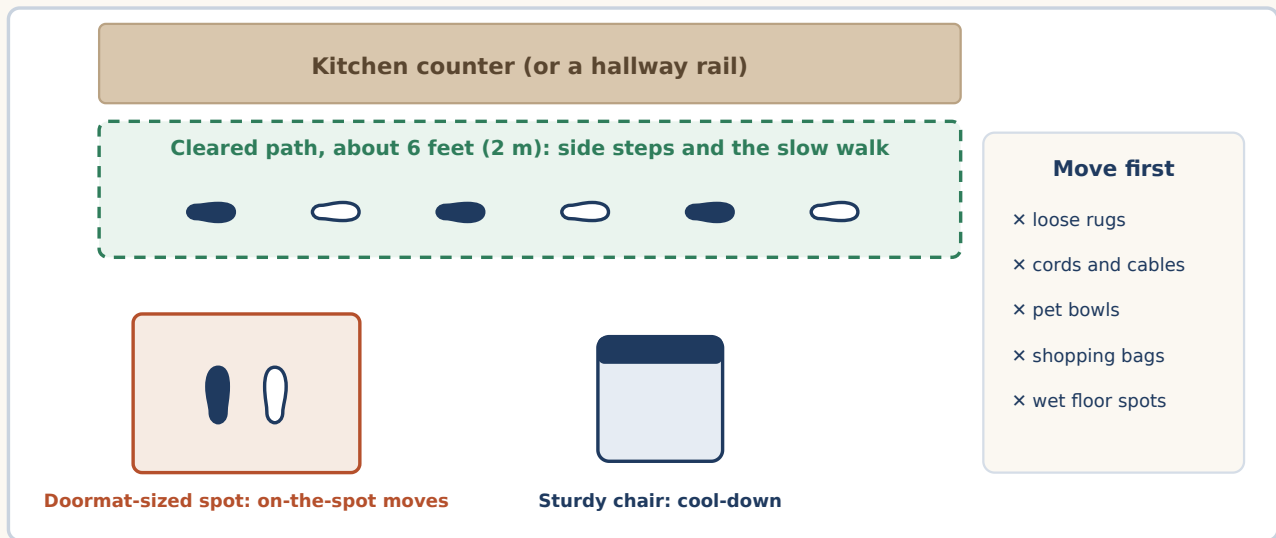
Time	Part	What to do
1 min	1. Settle and breathe	Face the counter, feet hip-width, knees soft. Slow breaths in through the nose, out through the mouth.
1½ min	2. Side-to-side shift	Move your weight onto the left foot until the right feels light, then across to the right. Both feet stay down.
1½ min	3. Slow tai chi march	Weight on the left foot. Lift the right heel, then the toes, a little. Lower toes, then heel. Swap. (Unsteady? Lift the heel only.)
1½ min	4. Heel-to-toe rock	Weight on the left foot. Right heel lightly ahead, roll onto the whole foot, up to the ball, back to the heel. Swap halfway.
2 min	5. Side steps along the counter	Weight left. Right foot out to the side, toes down, then heel, then weight across. Left foot in. 4 steps each way.
1½ min	6. Short tai chi walk	Counter at your side. Heel down, roll flat, then move your weight onto it. Turn with small steps and walk back.
1 min	7. Seated cool-down	Sit, feet flat. Breathe in as the arms float up to shoulder height, out as they float down. 5 times.

Pace: about a count of four for each part of a movement. Breathe evenly. **Never hold your breath.** One hand on your support throughout; both hands if unsure.

Stop and sit down if you feel pain, dizziness, chest discomfort, breathlessness or unsteadiness. Check with your doctor first after a fall, with dizziness, a heart condition or recent surgery.

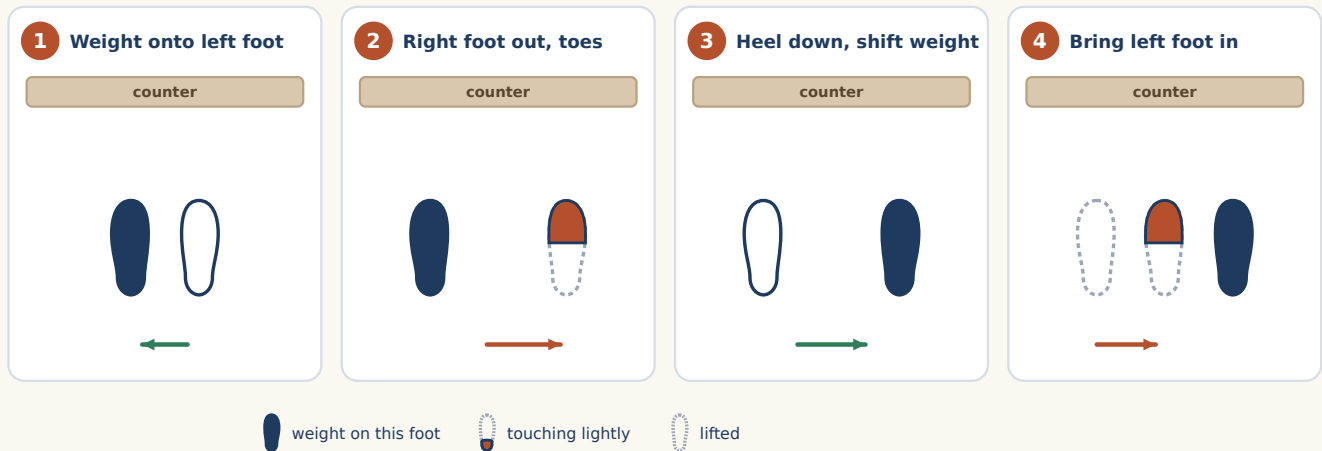
SET UP

Your small-room setup



- **Support:** counter, hallway rail or grab bar. A heavy chair with no wheels, pushed against a wall, works for the on-the-spot moves.
- **Feet:** flat shoes with good grip, or bare feet on a non-slip floor. No socks on smooth floors.
- **Light:** lights on, even in the daytime.

The side step (part 5)



Keep steps small, about shoulder width. Your weight should be fully on one foot before the other moves.

YOUR 30 DAYS

Tick a box each time you do it

Aim for most days, not every day. Rest days count. A short session beats a skipped one.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Easier: both hands on the counter, smaller movements, or parts 1, 2 and 7 only for the first week.

Harder (only when steady): fingertips on the counter, a count of six per movement, or repeat parts 5 and 6.

Prefer to sit? Free chair tai chi routine: elderlydaily.com/seniors-daily/printable-chair-tai-chi-for-seniors

Full guide: elderlydaily.com/seniors-daily/tai-chi-indoor-walking-for-seniors