

## **Hello!!!**

Hello Warriors! Hope you all are getting in some mindful movement this month. Often, we think of exercise as a getting our heart rate up, breathing hard, sweating, and burning calories - which it is, but exercise can also be slow, mindful, and relaxing. For this week's challenge we encourage you to engage in some mindful movement by practicing tai chi. Tai chi is an ancient Chinese practice that involves slow, focused movement with deep breathing that can help with alleviating stress while increasing energy levels. Tai chi is a low-impact movement that is easy on bones and muscles, making it an accessible form of exercise for all ages and abilities and also has many proven [health](#) benefits. Plus, it is inexpensive and doesn't require special equipment to get started and with many great online tutorials it can easily be done in the comfort of your own home.

So, this week try incorporating some mindful movement into your exercise routine and enjoy the calming yet invigorating benefits of tai chi.

[Qigong 7-Minute Routine for Energy](#)

[Top 10 Tai Chi Moves for Beginners](#)

If you have questions, please email the moderator of this challenge at [emily.yeates@pehp.org](mailto:emily.yeates@pehp.org).