

Tai Chi Exercises: Better than Walking

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Touted as being better for you than walking, Tai Chi exercises have recently piqued and held my interest. I am not referring to Tai Chi walking. In my opinion, the “walking,” while I’m sure it is beneficial for balance and stress relief, is more challenging.

Most of the exercise moves are simple, gentle, natural and relatively easy, and require very little space to perform.

Yet they definitely get your breathing and circulation (and perspiration) going without strong complaints from your muscles the day after.

Some routines remind me of aerobics with no or very little impact (jumping).

Snatch a few minutes at any time during your day to try a few Tai Chi moves.

Experience how easy and convenient exercising can be! And as you feel the immediate benefits, you, like me, might just get hooked!

There are numerous Tai Chi videos on YouTube from “shorts” to 35 minute full body workouts. I have listed a few of my favorites below.

youtu.be/zhe6OL31oek?si=WtlR3_FI2kGtNBud

youtu.be/cEvSqHZIj8w?si=xqXucQw8GZo1uGQe

youtu.be/R0ZeVpLfjAQ?si=ICY8wwDTp3Y_ohN

youtu.be/_XQWDOKV5o4?si=bt5tGpDWl0-4_bJF