"I do tai chi because it helps me feel strong, balanced and it lifts my mood too."

Patricia, 63, from **City Centre, Liverpool**

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Patricia used tai chi and dance as a way to ease her recovery from stress. **Doing these activities** regularly helps her feel calmer, stronger and more alert. Plus, she didn't start until she was 52, so it's never too late to join in.

Join in with FREE local activities, special offers and motivational support at FitForMe.info



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