

Figure 1: Exemplary quotes supporting found themes.

Perceived Barriers to Physical Activity and Traditional CR

- It (CR) was more physical... I was more nervous about doing too much or hurting myself more, or having another heart attack than I was doing this. This I felt more assured doing it with the tai chi. (S4 Male, Aug 29th, 2015)
- I had a heart attack in 2006. I went here (to CR) too for 6 months, because that's what was part of the insurance, and I quit (CR) after that cause it was too expensive and my insurance didn't cover it. Some people's do but, ours just did not. And, um, same thing. It was very boring, I was very bored. If I didn't have the television to watch, I don't think I could have stood on the treadmill another minute I was so bored. (S2 Female Aug 29th, 2016)

Perceived Benefits of practice

- I think this whole idea of this gentle cardiac rehab, it's a wonderful thing... when I had my problems and they offered me to go downstairs (to traditional rehab) which would have been the bikes and the treadmill...I didn't even consider it. I said, 'no way!' Because I think that would be too strenuous. (S2 Female, Aug 3, 2015)
- I think a lot of people want to do it. Versus going to the regular gym and stuff and working out and all of that. It's more relaxing. (S4 Male Feb 29th, 2016)
- And it's a gentler form of rehabilitation. (S7 Male Feb 29th, 2016)
- I think that this would be a great beginning (post-surgery) and you could even start earlier...I think if you start on the energy stuff a bit earlier I think that would be a hell of a benefit...cause there's nothing here that's gonna hurt the bone or the chest or anything. (S3, Male Aug 3, 2015)
- ...(CR) is just too overwhelming it's just too much pressure on you and pressure is what... brought you into the hospital in the first place. You know...putting more stress on you when you need to be learning to have less stress or have the stress and learn how to reduce it. You know. And that doesn't help you reduce it when they're saying, 'Okay! One more! Come on. One more! You can do it.' You know. But here (in tai chi classes), you know if we feel kinda stressed they say, 'sit down and do what you wanna do, but just keep moving, keep doing something.' There (in CR) they don't let you stop. You know? (S1 Male, Aug 3, 2015).
- What happens is that they only let you move one part of your body (in CR), and the other part is not getting any exercise or strength and now that's starting to hurt (S4 Male Aug 29th, 2016).
- It (TC) seems to relate to every part of your body. (S1 Male Aug 29th, 2016).
- It (TC) wasn't geared toward a mass audience, it was geared individually. Do what you can do.(S7 Male Feb 29th, 2016)
- That's what, that's what makes it the good part about it (TC). The goal is your goal. Not what they want you to do, but what you want to do for yourself. And you go according to your pace. And your goals are met. And if you meet your own goals then you walk away and you have more confidence you feel happy-go-lucky and some guy may cut you off and you go whatever. (S1 Male, Aug 3 2015)
- You'll go downstairs (to CR) you get the anxiety of performance. You know, performance for your own goal, how you feel that day, what they expect from you. Get your chart. Here (with TC), you didn't have that feeling when you walked in the door. You were coming to do tai chi. (S3 Male Aug 3, 2015)
- But then when I started tai chi, I found the strength and I could ride my bike again. Now I have back surgery but I started riding my bike again after tai chi so I was like...I had the confidence to do it. Cause I felt good again. I started to feeling like myself again after tai chi so I got right on my bike. I had the energy, I felt like okay, I can ride my bike again. It made me feel good again. I believe tai chi works. (S4 Male, Feb 29th, 2016).
- I have inner ear issues so the balancing was a challenge to me anyway. But I found great improvement in range of motion. There were some things, as you get older, it sort of creeps up on you. You don't realize it's happening. I found that I couldn't even do that. Now I can. No pain at all. (S1 Male Feb, 29th, 2016).
- I can stand up and I'll see my leg going like this (models ankle movement) havin' 'em doin' the ankle turns and not even realizing it. I have vertigo, and it helps me with my balance. (S1 Male Aug 29th, 2016).
- Another thing I found that was really good is that when I come in not from anything all my neck muscles and my back, I've had a couple of really serious car accidents, and I couldn't even turn this much (demonstrates small range of motion) with my neck, but now I can go like this (demonstrates a larger range of motion) all the time and my back doesn't hurt as much as it did and if it does start hurting I do some (TC) exercises and then I get relief. I don't have to take medicine. I don't have to take anything. I just get relief and relief is just a tai chi away. (S3 Male Aug 3rd, 2015.)
- It (TC) did make me strong and I lost weight. My shape started changin' ...(S1 Female Aug 29th, 2016)