

### Perceived Benefits of practice (continued)

- ...if you're really getting stressed out you can do some breathing exercises and you can just kinda you know do things and do a little bit of exercises and then you're just calming down a little bit and you know you accept, 'hey, whatever I'm in traffic. Big deal.' You know, Instead of sitting there going, 'You mother...popenchencenpae!' You know And all that kinda stuff. I found myself being much better in traffic you know instead of screaming out the window at somebody, but no it brings calmative, very calmative feelings too. (S1Male Aug 3, 2015)
- I found it to be a wonderful stress relief. Especially the home exercise. (S1 Male Feb 29th, 2016)
- And also the instructors were really good at pinpointing each person and taking them along according to their abilities. So it wasn't like you were grouped and you were forced into anything. Each person got personal attention when needed. (S1Male Aug 3, 2015).
- With TC)...you don't break a sweat or anything but you do, you feel well. It makes you feel good. (S7 Male, Aug 29th, 2016)
- The instructors were really good too. That added a lot to the program. They had a good attitude, a good disposition. They really put you in the mood. Ya know, and they enjoyed what they were doing. You could tell. I think that was a big thing for the program. (S5 Male, Feb 29th, 2016)
- It was a positive atmosphere all along. The instructors basically kept it a positive atmosphere. It started off that way with that attitude. The whole hour basically was positive. S7 Male, Feb 29th, 2016)
- I found that interesting in that the duration and intensity of each of the exercises was more self-regulated, for instance in the morning when I'm waiting for my coffee to be made, I used to just sit there and watch the coffee being made. Now I do some of these things (models TC movement of "pouring"). (S1Male, Feb 29th, 2016)
- I think it (TC) helped because when you're with such a good group and like everybody's, they're really interesting people in this, in here. There are people who don't realize what they've done in their lives, but I think that that also helped too. You, you wanna come and see these people and hear some of their stories again. But also we're listening to the instructors and their stories which is important. (S1 Female Aug 29th, 2016)
- I know one of the things that I liked (about the TC) was the camaraderie—being able to talk with the other participants as oppose to when I did the rehab at (CR), where nobody talked to each other. (S5 Male, Aug 29th, 2016)
- "And then...the accountability of having to be someplace and do it with the group...at home, especially as a female, you're just distracted. There are a zillion things that you could be doing all the time. So you just, you start doing this house work, and that house work, and then time goes by and you just don't do it (exercising). And then you're tired and you just don't feel like doing it" (female)
- "I really enjoyed the group, but just watching what other people did. I remember you (another participant) and your shoulder and I was thinking my God if he can get his shoulder up there, I'm getting mine up too. I found that more than anything kind of pulled me along" (female)
- Yea. Yea, it's almost a social phase. A social phase coming to Tai Chi as oppose to uh, the other uh the rehab. (S4 Male, Aug 29th, 2016)

### Barriers to TC Program and program feedback

- ...one class a week—that's not good enough. Cause, cause you're up and all of a sudden for six days nothing. You're dormant...I mean I wanted to come three, I woulda come five times a week if I could have. (S1 Female, Aug 29th, 2016)
- To make it effective, yea you need to come at least three times per week (S2 Female, Aug 29th, 2016)

### Subjects' Markers of Personal Training Success

- You've got electrodes on you (in CR), you've gotta put 'em on here... While in the Tai Chi it was the total opposite. Your focus was on the internal not on the external. (S3 Male, Aug 3 2015)
- It (TC) gave you a much more internal focus, I guess you could say. It affects my outside life now.( S7 Male, Feb 29th, 2016)
- Yea, instead of all the garbage that's floating around out there. Your mind kinda like, empties out a little bit. The calm energy (from the TC) gave me that, where I could compartmentalize a little better. Then just having everything just scrambled around and thinking of everything I've got to do and has to be done and...I was able to get more done, more focused. My memory I think was a little better because I was able to focus. (S4 Male, Aug 29th, 2016)
- You get more involved and it seems you're more in touch with yourself when you do Tai chi versus (CR) (S4 Male Feb 29th, 2016)