



Getting in Shape

My was getting older. She a hard time walking. One day, her friend suggested that she Tai Chi.

“Tai Chi?” my grandmother. “Is that a type of?”

Her friend and explained, “It is a type of exercise that is and easy on the” To my grandma, our whole family to try it. We with my grandmother to a It looked easy... until I it. Even my older fell a few times trying to do the movements—and he is a player!

But my grandma Tai Chi. She continued the classes twice a week. A year later, Grandma almost 80 years old and she had no trouble anymore.

She proved that it is too late to get in shape.