

The Doctor Conversation Sheet

Five questions, five minutes. Bring this page to your appointment.

WHAT I'M STARTING

A seated tai chi program from the book *Chair Tai Chi for Seniors Over 60*: **ten minutes a day of slow, gentle seated movement with breathing**, done in an armless chair, for 28 days. Thirty-one movements, each offered at three levels of range — Gentle, Steady, and Strong. No weights, no floor work, no standing required.

THE FIVE QUESTIONS

1. "I'm starting a seated tai chi program — ten minutes a day of slow, gentle seated movement with breathing. **Is that appropriate for me?**"

2. "**Are there any movements or positions I should avoid?**" (Show them a page or two of the book if you like.)

3. "Does anything about **my medications** affect exercise — anything that could make me dizzy or lightheaded?"

4. "Are there **warning signs I should stop for**, given my health history?"

5. "Anything you'd like me to **report back after the first month?**"

That last question turns your doctor into a teammate — and gives you a built-in reason to finish all twenty-eight days.

Before You Go

Two lists. Tick anything on the first one, and make the conversation a must, not a maybe.

MENTION THESE BY NAME IF THEY'RE YOURS

- ☐ **Recent surgery or a joint replacement** — especially hip, knee, shoulder, or spine. Your surgical team will tell you which motions are cleared, and when.
- ☐ **Osteoporosis or significant bone thinning** — ask specifically about the seated twists and the forward-bending movements, and how far is right for you.
- ☐ **Arthritis with a flare** — this program is joint-friendly, but on flare days your doctor may want you at Gentle, or resting.
- ☐ **A heart condition, or blood pressure concerns** — the pace here is calm, but get your green light — and ask about any signs to watch for.
- ☐ **Diabetes with numbness in the feet, or any neuropathy** — foot placement matters in this program; ask about footwear and sensation checks.
- ☐ **Dizziness, vertigo, or a history of feeling faint** — some head turns and reaches deserve a slower, smaller version. Your doctor can tell you which.
- ☐ **Any condition that's currently unstable** — new symptoms, a recent fall, unexplained pain. Sort that first. The book will wait. The book will still work.

THE STOP SIGNS — MEMORIZE THESE

Whatever your health picture, **stop the session and check with your doctor** if you ever feel:

- | | |
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| • Chest pain or pressure | • Sudden or sharp pain anywhere |
| • Real shortness of breath
(beyond gentle effort) | • Unusual fatigue that doesn't match
the effort |
| • Dizziness or lightheadedness | |

Not “push through it.” Stop, rest, ask. Strong people ask.

Checking with your doctor isn't a delay. It's the first strong decision of the program. In the military we called it a pre-mission brief. Nobody skipped it, and nobody thought the brief meant the team was weak. It meant the mission mattered. Your health is the mission. Brief accordingly. — Alan