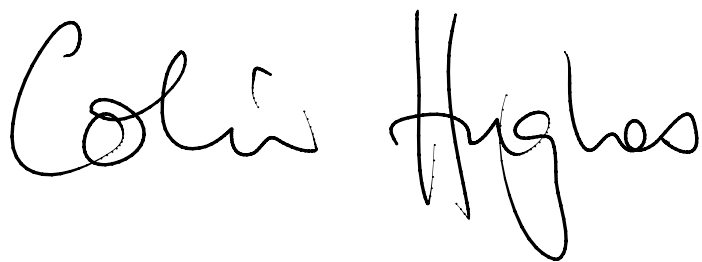


## **TED talk Reference**

"Tai Chi can empower you and help solve the global health crisis"

by Dr Paul Lam.

I cannot recommend Paul Lam highly enough. Here is a man who's lived through extreme hardship as a child in China. A naturally gifted and talented individual, he studied to become a successful medical doctor in Australia, subsequently helping to train generations of GPs. Simultaneously, he studied tai chi with some of the highest ranking teachers in China, initially to help address his own chronic arthritis resulting from starvation during childhood, and then as a tai chi teacher in order to share those health benefits with others. A natural progression led to his harnessing and amplifying these complementary aspects of his professional life. He combined his medical expertise and medal winning tai chi capabilities with a supremely aspirational ambition: to make tai chi available globally as an accessible, safe and effective lifestyle intervention to empower people to live more healthy lives, even when living with chronic medical conditions. As well as adapting, developing and delivering multiple 'tai chi for health' programmes directly and via books and videos, he has established an innovative 'teach the teachers' approach to cascading safe and effective teacher training into communities all around the world through the Tai Chi for Health Institute. Paul has also been at the forefront of academic research which shows the efficacy of tai chi as a health and lifestyle intervention which 'really punches above its weight'. This man has a lot to say which is worthy of close attention.

A handwritten signature in black ink that reads "Colin Hughes". The signature is written in a cursive, flowing style with a large, prominent 'C' at the beginning and a long, sweeping tail on the 'H'.

Professor Colin Hughes,  
Director of Social Responsibility, School of Earth and Environmental Sciences,  
Formerly Associate Vice President and Associate Dean  
University of Manchester, UK