

To Ted Talk Review Committee

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

Context: I work at a management and policy level in health and social care in the UK where the need to focus on growing individual and community resilience is recognized as an imperative for the future. Ways of getting people interested and even more importantly keeping them interested, in activities around self-care are therefore crucial. I write this reference as I have seen over 15 plus years evidence of the power of 'Tai Chi for Health' programs in doing this, when presented safely and well. The programs developed and presented by Dr. Paul Lam are superb in achieving this.

Dr Paul Lam is a well recognized tai chi teacher, family physician, researcher, author and presenter from Sydney Australia who has committed a great amount of time and energy to developing safe flexible programs to enable people to really benefit - on many levels. This importantly includes people who may be prevented from other forms of exercise through their physical limitations, such as those dealing with long term conditions.

Programs: Centers of Disease Control and Prevention, Arthritis Foundation, Falls Prevention and many other organisations support his programs. At the same time many social care organisations support them for the social interactions, community engagement and self confidence that participants also benefit from. He has founded the Tai Chi for Health Institute, and his programs have empowered millions around the world to develop inner strength, better self value and health.

Presenter: Dr. Paul Lam has from years of experience a strong belief in the joy and the benefits of the tai chi for health programs and a genuine passion that comes through in all his work and particularly his teaching and presenting. I am confident that he would present this talk in a way that would inform, engage and stimulate the audience.

I am delighted to recommend him to a The Ted Talk "The Future You".

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