Supplemental Digital Content 1. Participants were asked to exercise at a Borg estimate of moderately difficult (Borg score of 13).

Tai Chi Chuan

Yang–Style Short Form–First Third

**Warm-up exercises**

1. Waist turns

2. Tai chi beginning

3. Pushing the wave

4. Wave hands like clouds

5. Embracing the tree standing posture

**Tai chi movements**

1. Preparation

2. Beginning

3. Ward off left

4. Ward off right

5. Roll back

6. Press

7. Withdraw and push

8. Single whip

9. Lifting hands

10. Shoulder strike

11. White crane spreads wings

12. Brush knee

13. Play guitar

14. Brush knee

15. Deflect downward and punch

16. Withdraw and push

17. Cross hands

Resistance Band Class: (8- 10 repetitions on each side)

**Warm-up exercises**

Ankle pumping

Knee straightening

Overhead reaching

Shoulder touching

Single arm lifts

Arm circles

Single shoulder circles

**Resistance Band Exercises**

Upper back

Tricep extension

Bicep curl

Chest press

Internal obliques

Standing hip abduction

Standing hip extension

Seated leg extension

Bent over rows

Lateral rows

**Stretching**

Overhead arm pull

Behind back arm raise

Side Bends

Torso twist

Hamstring stretch

Quadriceps stretch

Calf stretch

<https://www.move.va.gov/docs/NewHandouts/PhysicalActivity/P20_ResistanceTubesAndBands.pdf>