

Fig.066 Screenshot showing me doing a tai-chi section in a camping site after spending a day driving through France. As I have often commuted first across Sweden and then through Europe, I have been regularly practicing tai-chi as a way to hinder back pain. The pain has emerged as a combination of working in a Swedish farm and living a sedentary life.

## HEARTBEATS 06

While spending the winter with my family in a Dutch village, I use to seize every opportunity to do physical training by for example letting my family drive somewhere and reach them by bike. I also found ways to train at home doing some carpentry especially in the backyard where I started producing works for my sculpture park. All these activities however are rather scattered and what I try to daily when I am up north is to take a walk and find a place in nature where to tai-chi. The latter I did not learn while living in China. There I was just astonished to see older people doing their many recreational activities in city parks. It was only while living in the United States that I approached an old Chinese man doing tai-chi and he proposed to teach me. Every week and for the course of eight weeks he taught me 3 new tai-chi movements. It was a very good method because in the end I have learned something I carried on for the rest of my life, something I feel got me to overcome all the pains and physical problems. I once fought them to be chronic simply because I got to know that my father suffers from rheumatism. With the years however I have realized that while each of us may be predisposed to get a health related issue, there is a lot of improvement we can do to tackle it and overcome it.