

Number	Name	Main point	Breathing
Form 1	Commencing Form	Raise palm	Inhale
		Down push both palms	Exhale
Form 2	Wave Hands Like Clouds	Back pull on shoulders and elbows	Inhale
		Palm down	Exhale
Form 3	Repulse Monkey	Turn and hold palm up	Inhale
		Return to palm and look forward	Exhale
Form 4	Part the Wild Horse's Mane on Both Side	Push palm in bow step	Inhale
		Exhale and settle palms	Exhale
Form 5	Hold the Lute	Suction drives the shoulder up	Inhale
		The exhale pulls the shoulders back down	Exhale
Form 6	Closing Form	Raised both arms	Inhale
		Down push both palms	Exhale

1 **table. 1.** Chart of six movement main points

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		STUDY PERIOD					
	Enrollment	Allocation	Period of training	Format intervention		Follow-up	
TIMEPOINT**	- t_1	0	Weeks 1	Weeks 2-12	Weeks 13	Weeks 14-18	Weeks 19
ENROLMENT:							
Eligibility screen	X						
Informed consent	X						
Allocation		X					
INTERVENTIONS:							
<i>[Walking training]</i>							
<i>[Tai Chi training]</i>							
ASSESSMENTS:							

Baseline characteristics	X						
VO_{2Peak}	X				X		X
SF-36	X				X		X
Vital capacity (VC)	X				X		X
Oxygen saturation (SPO₂)	X				X		X
Maximal voluntary ventilation (MVV)	X				X		X
Ejection fractions (EF)	X				X		X
Heart rate variability (HRV)	X				X		X
Cardiac output (CO)	X				X		X
Safety Assessment				X	X		X

3 **table. 2.** Example template of recommended content for the schedule of enrollment,
4 interventions, and assessments.

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