

WHEREAS; tai chi is a Chinese martial art and a practiced form of health and wellness grounded in regulating movement, meditation, and deep breathing through low-impact motions, and qigong is a traditional Chinese medicine that employs similar strategies to mend the mind, body, and spirit; and

WHEREAS; tai chi and qigong are accessible and gentle forms of exercise that can be practiced anywhere, in group or individual settings, and with room for adaptation as necessary, making them popular in preventative healthcare and rehabilitation programs; and

WHEREAS; according to Cleveland Clinic, tai chi has many physical and mental health benefits, including reducing stress, improving balance, relieving pain, and more; and

WHEREAS; recognized annually on the last Saturday of April, World Tai Chi and Qigong Day brings all those who practice together and allows individuals worldwide to learn more about tai chi and qigong through a day of celebration and practice; and

WHEREAS; on this day, the state of Wisconsin joins dedicated advocates, practitioners, and enthusiasts in bringing awareness to the potential benefits of tai chi and qigong;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim April 25 2026 as

## **WORLD TAI CHI AND QIGONG DAY**

throughout the State of Wisconsin and I commend this observance  
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 21st day of April 2026.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State