

## Ruth Pittman: Bringing ancient peace to a manic world

Ruth Pittman was born almost 79 years ago in Miami, Fla., the 10th of 12 children.

As far back as she can remember, Ruth has always wanted to teach, but college was an unrealized dream because she didn't have the means to pay her own way.

Do you think that dissuaded her?

Read on.

Although she had little money in those days, Ruth was rich in desire, decisiveness and determination.

Those three Ds were the key to her meteoric rise to the position of educator for one of America's leading communications companies.

Ruth moved quickly through the ranks from being a trainer to a trainer's trainer. A particularly rewarding stage of her working life was helping to provide a communications system for the historic American lunar landings out of Cocoa Beach, Fla.

It should not surprise any of us that Ruth uses her formidable skills here at On Top of the World to teach students the 1000-year-old practice of Tai Chi. She has been an OTOW resident for 14 years and a Yang certified Tai Chi instructor for the last 10.

When I voiced concern about scheduling the interview for this feature immediately following her advanced Tai Chi class, Ruth assured me that she would be more refreshed after her class than before.

By all appearances, she was right.

Actually, the interview was very short because Ruth had all of her thoughts and feelings laid out clearly on paper. It was a reporter's dream.

Like other ancient Chinese practices, Tai Chi is a tried and true practice. It is founded on the simple, yet profound, principle of balance; the balance between mind, body and spirit; the balance between yin and yang.

My brief exposure to Ruth's Tai Chi advanced class was a soothing and empowering experience.

Ruth is not only a teacher of Tai Chi, but a student as well. She has used the same three Ds to transform her life, her mind and her body. She turned back the clock, taking pounds off her body and years off her appearance.

In 2012 she realized a personal



Ruth Pittman leads a Tai Chi class at the East Activity Center.

(Photo by John Koning)

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On Top of the World community

by John Koning

goal of pressing 200 pounds on the leg press at Rock Solid Fitness. How many 77-year-olds do you know who can make such a claim?

Thanks to Tai Chi, Ruth has discontinued her daily allergy medications for pollen, peanuts, milk products, eggs, flour and seafood, to name a few of her former sensitivities.

She has stopped all medications for depression, anxiety and sleep disorders, while significantly reducing the need for thyroid and blood pressure medications, all thanks to this ancient Chinese art form.

During her Tai Chi classes, Ruth

impresses her trade-mark three Ds – desire, decisiveness and determination – upon her students as a means for them to realize their own optimal physical, mental and spiritual health.

Perhaps the best indicator of the benefits enjoyed by Ruth's students come from their own mouths.

Sue says, "Ruth's Tai Chi class has really benefited me with my balance since I lost the sight in one eye."

Barbara agrees, "I've only been taking Tai Chi for a short time and I'm feeling more confident in my balance and in myself."

Peg says, "Tai Chi helps with my

Alzheimer's and arthritis.

Joyce enjoys improved energy levels and less pain in the lower back and shoulders.

Jean loves it because it helps with balance, energy and happiness.

The list of testimonials goes on and on, but what should we expect?

This ancient form of self actualization wouldn't be a thriving art form today without billions of happy customers, past and present. You could be one of them.

If you are sick of being sick, if you're tired of feeling tired, or if you just need a positive and affirmative place to meditate, you might find what you're looking for in the East Activity Center gym on Monday, Wednesday and Saturday afternoons.

Classes start at 1:30 p.m. There is a fee.

If you have questions, call Ruth at 727-726-0336.



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