

Home Exercise – Online Resources

Below are some resources you can use to help keep active while at home. Listen to your body and work to your ability. All of the exercises are low-impact and can be completed seated in a chair or standing using a chair for support.

Mobility:

- <https://www.youtube.com/watch?v=lfwsGu6seCA>

Cardio:

- https://www.youtube.com/watch?v=NbioVF_wALQ

Strength (Band needed):

- <https://www.youtube.com/watch?v=Z6AWVrYsZXA>

Stretching:

- <https://www.youtube.com/watch?v=eJbZHcB3mpE>

Be Adventurous and Try Something New!

- **Chair Yoga:** <https://www.youtube.com/watch?v=vDrMekDp-8E>
- **Chair Dancing:** <https://www.youtube.com/watch?v=VKm9lmZO0ik>
- **Drumming:**
https://www.youtube.com/watch?v=cLNflsTOAV0&list=PLJnn5H8Y_tYE3LdXoJIG_azMC2l5TjCON&index=69