Online Exercise Resources

- **Treadmill TV**: [https://www.youtube.com/channel/UCq50Z2fRQChMdahnpKpGVg](https://www.youtube.com/channel/UCq50Z2fRQChMdahnpKpGVg)

Experience new trails on your treadmill by using a tablet or TV. The treadmill may be inevitably tied to being inside, but being able to imagine yourself outside can make your workout more enjoyable. Discover new trails and get distracted along the way.

- **Yoga with Adriene**: [https://www.youtube.com/user/yogawithadriene](https://www.youtube.com/user/yogawithadriene)

Yoga for everyone. Browse the library of free yoga videos to find a practice that suits you. If you’re brand-new to yoga, check out Yoga For Beginners and Foundations of Yoga series. These are designed to give you the tools to build a happy, healthy at home yoga practice. If you’re ready to work up a sweat, try Yoga for Weight Loss or Total Body Yoga playlists.

  - **Chair Yoga with Adriene**: [https://www.youtube.com/watch?v=-Ts01MC2mo](https://www.youtube.com/watch?v=-Ts01MC2mo)

Yoga in a chair for those with limited mobility. Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial. This 17-minutes practice invites awareness and integrity into the body, specifically the line of the spine. Activate muscles that help you find length up through the spine for better posture and energy flow.

- **Silver Sneakers**: [https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHiq6mTag](https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHiq6mTag)

Exercises designed for adults 65+. Silver Sneakers is a health and fitness program that’s included with many Medicare Plans. You know physical activity will improve your health and lifestyle. But how do you get started? That’s where the SilverSneakers Fitness program comes in! SilverSneakers lets you workout when, where and how you want, no matter your ability level or goals.

- **Walk at Home**: [https://www.youtube.com/channel/UCVl6ZsIz2Zj-34bMJFPbg](https://www.youtube.com/channel/UCVl6ZsIz2Zj-34bMJFPbg)

Walk at home workout videos with Leslie Sansone. Walk at Home is the world’s leading fitness walking brand and creator of the original walking workout. Created by Leslie Sansone, Walk at Home has helped millions of people live active and healthy lives for over 30 years.

- **Denise Austin**: [https://www.youtube.com/channel/UC-DIS9Yf2M8kbaHjLbvoF_w](https://www.youtube.com/channel/UC-DIS9Yf2M8kbaHjLbvoF_w)

A variety of workout videos with Denise Austin. You’ll find all kinds of free workouts here – whole body toning workouts, target toning exercises, yoga and Pilates to lengthen and strengthen your body, cardio for your heart health, HIIT, Barre dance and more! New videos added weekly.

- **YMCA**: [https://ymca360.org/on-demand](https://ymca360.org/on-demand)

Videos that reflect what you know and trust about the YMCA – family friendly activity. A total of 62 videos ranging from Bootcamp to Tai Chi, Weightlifting to Yoga, Barre to Boxing varying from under 5 minutes to just under 30 minutes. Videos are also included for senior adults and youth.

- **Senior Fit: Workout Wednesdays**: [https://www.youtube.com/playlist?list=PLIq6BfTFFsGpS73EdrtTz1Xv-jVrUiv8c](https://www.youtube.com/playlist?list=PLIq6BfTFFsGpS73EdrtTz1Xv-jVrUiv8c)

These are a series of videos for seniors created by St. Joseph’s Health System in Northern Indiana. Each video averages 5 minutes and includes a workout or wellness tip. Wellness tips range from staying connected to getting outside in green space. Workouts focus on strength, balance, cardio, or mobility.