



Ways to Implement Physical Activity



Moderate Intensity Activities

- Fast walk around the mall or shopping center
- Walking your dog
- Relaxed dancing
- Gardening
- Relaxed biking
- Chair exercises
- Yoga

Vigorous Intensity Activities

- Hiking uphill
- Jogging or running
- Swimming
- Heavy yard work
- Fast-paced biking
- Jumping rope
- Going around in your wheelchair

YouTube Channels



5-60-minute workouts, includes sitting and office workouts, and more



Exercises for seniors including chair, weight, band, and bodyweight exercises



5-25-minute workouts, includes weighted chair exercises, and more

Free Apps



Nike Training Club
5-60-minute workout videos including strength, endurance, and more



Caliber
Home, gym, and travel workout plans starting at 30 minutes per day, 3x per week



Daily Workouts
5-30-minute workouts based on muscle groups



J&J 7 Minute Workout
7-minute workouts