

## Virtual Offer - Videos

**Please note - It's always a good idea to clear any exercises with your doctor before you begin a new regime, especially if you have a pre-existing health condition.**

### 50+ and Health Conditions

- 1) <https://www.generationgames.org.uk>

Home exercise by Generation Games is a series of easy to follow workouts. A variety of gentler chair based exercise to more difficult workouts. These include standing, chair and Tai Chi workouts.

- 2) <https://10today.co.uk/tune-in/>

These exercise videos are really good, however please be aware that are a few exercises which require you to lift your arms above your head. The real positive about 10 today is they not only have a YouTube channel but also a radio station.

- 3) <https://www.youtube.com/user/MoveitorloseitUK>

A series of videos designed for older people, most are chair based exercises using small weights and bands.

- 4) [https://www.youtube.com/results?search\\_query=go4life](https://www.youtube.com/results?search_query=go4life)

The Go4Life exercise videos are good videos for our fitter elders, with routines ranging from 15 minutes to 1 hour.

- 5) <https://www.youtube.com/watch?v=E0zw0JfWDyk&list=PL1nPWkBgDOas6PtC9jQfdNuzpXoaeL-yZ>

Smart Moves has videos on warm up's as well as cardiovascular, strength and core training. A lot of the exercises on here you might well see in a Health Development team session.

- 6) <https://youtu.be/W5ajl1kRHhM>

Designed to be 'just enough' for those at home who are looking for a low intensity exercise program which is practical for most all levels fitness. A great option for beginning a weight loss program as well as for senior fitness, Getting Started removes the barrier to entry. Trouble with balance? Look for the chair based episodes.

- 7) [https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/7-exercises-you-can-do-when-stuck-at-home?utm\\_campaign=1368596\\_HeartMatters\\_enewsletter\\_HCP1\\_April2020\\_1&utm\\_medium=email&utm\\_source=British%20Heart%20Foundation%20%28BHF%29%20&mi\\_u=8-15480703](https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/7-exercises-you-can-do-when-stuck-at-home?utm_campaign=1368596_HeartMatters_enewsletter_HCP1_April2020_1&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-15480703)

A round-up of strength, chair-based, cardio and yoga exercises that can be done anywhere from your living room to your garden. Whether you are self-isolating, shielding or following the current advice

to stay at home, it's important to keep moving. Staying active can help boost your immune system and manage symptoms of heart and circulatory disease so you can still carry on with daily life. It's also a good way to boost your mood and make yourself feel better.

- 8) [https://www.youtube.com/watch?v=NWRI2D\\_vb8g](https://www.youtube.com/watch?v=NWRI2D_vb8g)

Simple exercises to help with strength and flexibility. 10 exercises you can do in the comfort of your home with no special equipment needed.

### **Working from Home**

StretchWell is a quick and easy routine of desk exercises following an instructed video. The videos are a combination of stretches and mobility movements that encourages you to mobilise the body after long periods of time sitting at your desk. There are different videos for different sections of the body which can be done any time of the day. Developed by South Tees Public Health

- 1) [STRETCHWELL - POSTURE 4 - Desk stretches and mobility](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable mid-body stretches and movements, participants feel the benefits of Stretchwell straight away!

- 2) [STRETCHWELL - UPPER BODY 4 - Desk stretches and mobility](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable upper body stretches and movements, participants feel the benefits of Stretchwell straight away!

- 3) [STRETCHWELL - LOWER BODY 4 - Desk Stretches and Mobility](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable lower body stretches and movements, participants feel the benefits of Stretchwell straight away!

- 4) [Desk stretches and mobility 2 - Posture 2](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable mid-body stretches and movements, participants feel the benefits of Stretchwell straight away!

- 5) [Desk stretches and mobility 2 - Posture 3](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable mid-body stretches and movements, participants feel the benefits of Stretchwell straight away!

- 6) [Desk stretches and mobility 4 - Lower body 2](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable lower body stretches and movements, participants feel the benefits of Stretchwell straight away!

7) [Desk stretches and mobility 4 - Lower body 3](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable lower body stretches and movements, participants feel the benefits of Stretchwell straight away!

8) [Desk stretches and mobility 3 - Upper Body 3](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable upper body stretches and movements, participants feel the benefits of Stretchwell straight away!

9) [Desk stretches and mobility 3 - Upper Body 2](#)

Stretchwell is an amazing new initiative to encourage office staff to move around, mobilise their bodies and stretch their aches away. Utilizing good techniques and a routine of easy achievable upper body stretches and movements, participants feel the benefits of Stretchwell straight away!

### **General Public**

1) <https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

Free access to over 500 workouts from celebrity trainers and fitness experts across strength, cardio, dance and yoga. They have made Active by POPSUGAR, a paid monthly subscription app with hundreds of workouts, free for a limited time!

2) <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

The Body Coach TV is where Joe Wicks posts free weekly home workouts to help you get, stronger, healthier and happier. Sessions for children and older adults on here as well.

3) <https://www.doyogawithme.com/yoga-classes?page=8>

Do Yoga With Me is a website that offers all different types of Yoga video for all levels. Currently this is free for 2 months.

4) <https://www.youtube.com/watch?v=-sNLz1oNMY>

Work outs designed with older adults in mind, but good for everyone! All the sessions are at your own pace and are good for beginners and those more experienced alike.

### **Family and Children**

1) [Cosmic Kids Yoga](#)

Yoga, mindfulness and relaxation designed specifically for kids aged 3+. Interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early!

2) [Kids Beginners Workout | The Body Coach](#)

Super fun kids workout that's quick and easy. Loads of fun moves that can be done in your own home. Try it with your whole family!

3) <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

This Girl Can is all about celebrating women getting active, no matter how they like to do it. Partnering with Disney and real families across England, they have captured some of the ways mums and kids get moving to the songs they love. You can learn their moves or put your own spin on their routines. At the end of the day, it's about breaking a sweat while having a bit of fun.

### **Slower Pace Workouts for Older Adults / Beginners**

1) <https://go4life.nia.nih.gov/workout-videos/>

Learn how exercise helps with healthy ageing, and how to stay active over time with a great variety of fun and exciting workouts which will get your heart pumping and increase your breathing. Choose from motivating aerobic, to strength workouts, and don't forget to add some balance and flexibility exercises into your routine. Exercise and physical activity are not only great for you mental and physical health, but they can help keep you independent.

**Follow the advice on the website before taking part in the online classes.**

2) <https://generationgames.org.uk/>

A set of simple set of exercise videos designed with older people and beginners in mind. These exercises will improve your fitness, strengthen your muscles and improve your balance. The exercises have been carefully selected as they are easy, fun and suitable for everyone, whatever ability and fitness level.

There are very few medical problems which make exercise unadvisable, if you are concerned about this, please talk to your GP or explore the Generation Games website.

3) <https://www.youtube.com/watch?v=rkDlpZ3Musw>

This 60 minute sample home video from the National Institute on Ageing has been designed with seniors in mind. The video includes excellent instructions on how to adapt the exercises to meet your needs. The workout will help to improve your fitness, balance and muscle strength. Listen to your body, do what you are able to, and enjoy the workout.

You will need some equipment for this workout, a sturdy chair with arms; two equally weighed objects like dumbbells, soup cans, or water bottles; two tennis balls; a mat; and a towel.

4) [https://www.youtube.com/results?search\\_query=we+love+to+dance](https://www.youtube.com/results?search_query=we+love+to+dance)

There are a wide selection of 'We love to dance' workouts choreographed to the best hits of the 80s available on YouTube. Each workout is fun and exhilarating, and helps improve the sense of wellbeing, however some of the workouts are faster paced, so choose a track that is suitable for you.

Dancing isn't just fun, it's also really good for your health, so if you're feeling inspired and want to learn a new skill, dancing could be a great form of exercise for you.

5) <https://www.doyogawithme.com/yoga-classes?page=8>

A great range of yoga workouts for beginners right through to advanced yogis. Yoga is an ancient form of exercise designed to build strength and flexibility while moving in time with the breath. With the focus on relaxation, breathing and slow gentle movements, yoga can help reduce stress, tension and anxiety, and encourage relaxation, and a sense of wellbeing.

Some of the poses are performed on the floor, some in a standing position, so choose a workout that is best for you, listen to your body, and the excellent advice given by the instructor.

You will need a blanket and some blocks for the sessions, but you could use a rolled up towel or blanket if you don't have blocks.

6) <https://10today.co.uk/tune-in/>

A series of 10 minutes of simple, easy to follow, physical activity routines to get you moving and stretching, with good advice and encouragement offered throughout. These workouts are great for your health, balance, and building your strength, and can be done either sitting down or standing up. You are encouraged to work at your own pace, and there are different exercise options offered, depending on your fitness level.

7) <https://www.youtube.com/watch?v=aAwBJ9MO91I> - Tai Chi Qigong, Shibashi, set 1

This simple to follow, gentle exercise routine is deeply relaxing and will help to improve health and wellbeing. The gentle rocking motions and stretching movements improve circulation and digestion, the chest exercises and controlled breathing are good for the lungs, and the overall effect helps reduce mental stress and physical tension carried in the muscles. Concentrate on breathing in through your nose and out through your mouth.

Shibashi is easy to learn, effective, and suitable for people of all ages as it doesn't put too much stress on the muscles and joints, and it can be practiced either sitting or standing. Find somewhere quiet and peaceful to practice, outdoors is great if the weather is nice.

8) <https://www.youtube.com/watch?v=NOENwWg3e2M&t=643s> - Tai Chi Qigong, set 2

As with the first set, this simple to follow, gentle exercise routine is deeply relaxing, and will help to improve health and wellbeing, reduce mental stress and any physical tension felt in the muscles. Set 2 is a little more physically challenging than set 1, and is a great way to expand on the first set of Shibashi. It's a good idea to practice and master a few of the movements before moving on and practicing more of the moves. Try to move in a slow and controlled manner, as recommended, it

will help improve your balance more effectively, and also concentrate on breathing, in through the nose, and out through the mouth. Find somewhere quiet and peaceful to practice, outdoors is great if the weather is nice.

9) <https://www.youtube.com/watch?v=9GS1CWDIkYU>

This is an easy paced, fun, chair-based yoga workout suitable for all ages and abilities, and is simple to follow. The instructor is friendly, and motivating, she demonstrates the moves really well, though she doesn't offer alternative options, and the range of movement for some of the lower body exercises may be a little challenging, so it's important just to do what you're able to, and reduce the range if need be. A variety of workouts on YouTube, delivered by the same instructor, and accompanied by great music tracks, so give them a try.