

Exercise Resources

Move For Life DVD

Level: Activity for seniors/those who have difficulty weight-bearing or are very deconditioned

Equipment: chair optional

Clients can go to the website below and follow along to the short videos. If they do not have access to a computer, they can call the number and order a DVD. They are free and delivered to their door.

Website: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/move-for-life-dvd>

YMCA 360 Classes On Demand

Level: All Ages; for beginners/seniors/low-impact start with the older adults videos

Equipment: Varies for each class

Website: Ymca360.org