Anyone can fall, but as elders, it is important to keep your body strong and resilient to protect you against permanent damage from a fall. Here are some links to helpful exercise/yoga videos that you can do from home that do not take a machine, or large amounts of time. Stay safe and stay healthy. We are all in this together! We care about you and your wellbeing.

**Strength & Balance**

https://www.youtube.com/watch?v=n8s-8KtfgFM or, look up “Stay Active at Home - Strength and balance exercises for older adults”

https://www.youtube.com/watch?v=q3faZkO4gbc or, look up “Fall Prevention Exercises with Physical Therapist Lora Durkin”

https://www.youtube.com/watch?v=2ZplzbLmfi0 or, look up “Strength & Balance exercises to reduce falls and fractures - full video”

**Yoga**

https://www.youtube.com/watch?v=3ZvmKOPoFVo or, look up “Yoga for Seniors ♥ Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress”

https://www.youtube.com/watch?v=kFhGZzLNN4&list=PLkVl03iAiSPevQ3Bko7wQT_xuD_2e6m4j or, look up “Yoga For Seniors | Slow and Gentle Yoga”

https://www.youtube.com/watch?v=-Ts01MC2mIo or, look up “Chair Yoga - Yoga For Seniors | Yoga With Adriene”

**Relaxation & Inspiration**

https://www.youtube.com/watch?v=O-6f5wQXSu8 or, look up “10-Minute Meditation For Anxiety”

https://www.youtube.com/watch?v=W19PdsiW7iw or look up, “15 Minute Guided Meditation To Find Peace In Uncertain Times”

https://www.youtube.com/watch?v=8VrlCDsW9Bc or, look up “Coronavirus: Tips For Protecting Your Mental Health During Quarantine”

https://www.youtube.com/watch?v=IFcSrYw-ARY or, look up “Relaxing Music for Stress Relief. Soothing Music for Meditation, Healing Therapy, Sleep, Spa”

We hope these videos can help you stay safe and sane in these uncertain times. We’re all in this together, so keep limiting travel and exposure and know we love our elders!