

Jump Start Your Workouts

The following YouTube videos are specifically designed to help seniors start and stay fit. Simply click the link to start watching and getting fit.

5 Stretch Exercises to Do at Home

UnitedHealthcare

Click Link: <https://youtu.be/60s74UmUJFM?si=39DgCkU8ABKXDKUK>

Seated Core Workout for Seniors, Beginners

Yes2Next

Click link: <https://youtu.be/pwwlSeTzCc4?si=v3sKyFc32ouVDiaH>

15-Minute Chair Exercises for Seniors: Simple Seated Workout for Over 60s

ElderfitTV Experts in Over 60s Health & Fitness

Click Link: <https://youtu.be/HwES4OSc9H8?si=4CEaaguanFtoID9I>