



# FITNESS GUIDE

## EXERCISE VIDEOS FOR ALL LEVELS

We all know how important exercise is for good health, but it's not easy to find the time to do it... and often the weather doesn't cooperate when we want to go outside! So, we put together a list of exercise videos for you below that you can do in the privacy of your own living room. There are all sorts of different workouts (chair workouts, tai chi, pilates, and more) and they vary in the amount of time they require, too.

Whether you are just beginning your exercise journey, or if you're active already, there is something for you. Click on the workouts to get started!

Always check with your healthcare provider prior to starting any exercise program to ensure it's ok for you. Discontinue exercise if you experience any abnormal response such as pain or shortness of breath.

## BEGINNER LEVEL

[15 Minute Low Impact Beginners Workout](#)

[25 Minute Full Body Workout for Seniors & Beginners](#)

[15 Minute Strength Training Workout - Osteoporosis Friendly](#)

## INTERMEDIATE LEVEL

[20 Minute Full Body HIIT - All Standing, No Equipment](#)

[20 Minute Dance Workout for Seniors | SilverSneakers](#)

[30 Minute Practice of Gentle Pilates for Back Care](#)

## CHAIR EXERCISE

[10 Minute Beginner Chair Exercises - No Equipment](#)

[25 Minute Zumba Chair Fitness](#)

[6 Minute Chair Aerobics Exercise](#)

## LOW-IMPACT JOINT

[30 Minute Full Body Standing Pilates Workout - No Equipment](#)

[15 Minute Beginner Barre Class Workout - Low Impact](#)

[30 Minute Low Impact, High Intensity Intermediate Cardio](#)

## MOBILITY AND FLEXIBILITY

[10 Minute Hip Mobility Exercises For Beginners & Older Adults](#)

[20 Minute Full-Body Gentle Stretch Routine for Everyone](#)

## TAI CHI

[20 Minute Tai Chi Lesson](#)

[12 Best Tai Chi Exercises & Cool Down](#)