

## Web Based Health & Wellness Options

1. NIH National Institute on Aging 15-min home workout

<https://www.youtube.com/watch?v=Ev6yE55kYGw>

2. The Science of Wellbeing

In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

<https://www.coursera.org/learn/the-science-of-well-being>

3. Online Chair Yoga classes & Meditation

<https://www.unfoldyogawellness.com/copy-of-unfold-digital>

4. NIH Online Activity Resource Guide

<https://order.nia.nih.gov/sites/default/files/2018-04/nia-exercise-guide.pdf>

5. Low impact aerobics programs

Search “Walk Aerobics” on YouTube many great options here

6. Alzheimer’s Foundation of America -AFA is launching two new telephone-based support groups this week to help Alzheimer’s caregivers cope with the challenges caused by the coronavirus pandemic:

### **Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19**

**Date: Every Wednesday (starting May 6)**

**Time: 3:30 pm – 4:30 pm**

### **Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors**

**Date: Every Friday**

**(starting May 8)**

**Time: 3:30 pm – 4:30 pm ET**

Register by calling AFA's Helpline at 866-232-8484 and speaking with a licensed social worker.

7. Comcast Streaming Option \$6.99/mo

“With more than 100 programs available, Gaiam TV Fit & Yoga offers something for all fitness levels, interests and demographics. Program choices include cardio, pilates, yoga, meditation, pre and postnatal exercise, sculpting and toning, walking, circuit training and dance, as well as programs tailored for certain health conditions including arthritis and stress-related illnesses.”

More info: <https://corporate.comcast.com/news-information/news-feed/comcast-and-gaiam-tv-partner-to-launch-gaiam-tv-fit-yoga>

8. Comcast free exercise channel option

As of a year ago, you must go to On Demand and go to the Sports and Fitness tab, click on it and select fitness workouts. You will then see the vast amount of workouts and categories available for you to choose from.

9. If you have an Amazon Prime account there are numerous exercise video options. Go to the Movies & TV category then click the Genre: Exercise and Fitness

10. Verizon Fios - Customers can get free 30 days of instruction exercise videos from GaiamTV Fit and Yoga.