

Exercise Websites & Apps- Not all of these are free  
Here are some videos, websites and apps to supplement the  
information from the course. What Exercise Should I be Doing?  
Karen Thomas

## Videos

Go4Life Exercise Videos

<https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>

- 15-minute Sample Workout for Older Adults from Go4Life

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

- National Institute on Aging  
<https://www.nia.nih.gov/health/exercise-physical-activity>

HASfit

<https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>

Exercise website

<https://exrx.net/>

Dynamic stretching

<https://www.healthline.com/health/exercise-fitness/dynamic-stretching#What-is-dynamic-stretching?->

Apps

- Map My Walk
- Workout for women
- SilverSneakers GO
- C25K 5K Trainer
- MyFitnessPal
- Nike Training Club
- Wysefit: Exercise app for 50+
- Johnson & Johnson 7 minute Workout
- Yoga
  - Yoga Studio

- Yoga for Beginners
  - Daily Yoga
- Tia Chi
  - TiaChi over 50
  - 7-Minute Chi
- Bodyweight- intermediate to advanced body weight exercises
- Circuit Timer- set up timed exercise circuits
- Fooducate- nutrition website