

**EXERCISE/FITNESS**

EXERCISE	<a href="https://www.onepeloton.com/app">https://www.onepeloton.com/app</a>	Peloton Peloton is offering their app free for 90 days during virus outbreak. Will notify you when 90 days is up so you can choose whether to pay. They have hundreds of virtual yoga classes.	Host a skype/zoom exercise challenge
	<a href="https://ymca360.org/on-demand#/">https://ymca360.org/on-demand#/</a>	YMCA exercise videos	
	<a href="https://makeyourbodywork.com/how-to-exercise-at-home/">https://makeyourbodywork.com/how-to-exercise-at-home/</a>	The 50 Free best online workout sources	
	<a href="https://www.essence.com/lifestyle/health-wellness/free-virtual-workout-classes/">https://www.essence.com/lifestyle/health-wellness/free-virtual-workout-classes/</a>	These Fitness Studios are offering virtual workout classes for free	
Seated workouts	<a href="https://www.youtube.com/watch?v=nZ07OVtSmQ">https://www.youtube.com/watch?v=nZ07OVtSmQ</a>  <a href="https://www.youtube.com/watch?v=V4XW74W9t4o">https://www.youtube.com/watch?v=V4XW74W9t4o</a>  <a href="https://www.youtube.com/watch?v=Q2rYhivLJ2E">https://www.youtube.com/watch?v=Q2rYhivLJ2E</a>	For anyone using a wheelchair, has poor balance, or is not used to high impact workouts.  Chair Cardio for Fat Loss: Seated No Impact Fitness Class  Fuzion Fitness with Alexis #31: Chair Workout - November 2015  Chair Stretches Class. Seated Total Body Flexibility Routine	Use <b>caution</b> . (because activities will not be monitored by a fitness professional, the safe bet is, only allow clients to do the physical movements that you would see them do in a regular session, and at that same intensity, if you see any signs of shortness of breath, take a break. Play it on the safe side.) These may be too intense or too fast, if so use Choice 3 or 4 below and adapt accordingly, add music for fun. Encourage clients not to keep up with the instructor if they are unable to.

<p><b>Dance</b></p>	<p><a href="https://www.instagram.com/therealdebbieallen/">https://www.instagram.com/therealdebbieallen/</a></p> <p><a href="https://danceforparkinsons.org/resources/dance-at-home">https://danceforparkinsons.org/resources/dance-at-home</a></p>	<p>Dance Class with Debbie Allen Debbie Allen has been hosting dance classes on <a href="#">Instagram Live!</a> Check back soon for more!</p> <p>Dance/movement videos (seated):</p>	
<p><b>Photography</b></p>	<p><a href="https://iphonphotographyschool.com/photography-themes/">https://iphonphotographyschool.com/photography-themes/</a></p>	<p>Emphasize the exercise nature walk</p>	
<p><b>Hiking</b></p>	<p><a href="https://www.vafitness.com/collections/hike-collection">https://www.vafitness.com/collections/hike-collection</a></p>	<p>Shot in beautiful locations around the world, Virtual Active transports you to iconic trails, roads, cities, and landscapes, turning indoor exercise into an outdoor adventure. The hike series is designed for use while walking on a treadmill, elliptical, or stepper.</p>	
<b>RECREATIONAL</b>			
<p><b>Virtual Zoos/Parks</b></p>	<p><a href="https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic">https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic</a></p> <p><a href="https://www.riverbanks.org/">https://www.riverbanks.org/</a></p> <p><a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></p> <p><a href="https://www.earthcam.com/events/animalcams/">https://www.earthcam.com/events/animalcams/</a></p> <p><a href="https://explore.org/livecams/raptor-resource-project/decorah-eagles">https://explore.org/livecams/raptor-resource-project/decorah-eagles</a></p>	<p>Most major zoos/aquariums have live webcams attached to different habitats (a few examples follow).</p> <p>Riverbanks Zoo and Garden Riverbanks Zoo, in Columbia, SC, is streaming Z-Learning live every weekday at 10 a.m. Meet and learn about animals! The videos will also be on <a href="#">Riverbanks' website</a> by 2 p.m. each day.</p> <p>Earth cam offers multiple animal/zoo type cams</p>	
<p><b>Travel &amp; Leisure</b></p>	<p><a href="https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours">https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours</a></p>		

<b>Gardening</b>	<a href="https://www.thespruce.com/free-garden-planners-1357749">https://www.thespruce.com/free-garden-planners-1357749</a>	11 Free gardening/planners and programs	
<b>The Arts – music/plays</b>	<a href="https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home">https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home</a>	15 Broadway Plays and Musicals You Can Watch on Stage From Home	
	<a href="https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown">https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown</a>	A List of Live Virtual Concerts To Watch During The Coronavirus Shutdown	
	<a href="https://www.thewrap.com/how-to-watch-concerts-and-broadway-shows-during-the-coronavirus-shutdown/">https://www.thewrap.com/how-to-watch-concerts-and-broadway-shows-during-the-coronavirus-shutdown/</a>	Virtual Concerts and Broadway Shows	Google search for Livestream concerts (with so many cancelled tours, this has become a popular way for musicians to still get their music out there)
	<a href="https://triangleonthecheap.com/stars-house-broadway-live-stream/">https://triangleonthecheap.com/stars-house-broadway-live-stream/</a>	Stars in the House	
	<a href="https://www.margaritaville.tv/cabin-fever-2020">https://www.margaritaville.tv/cabin-fever-2020</a>	Jimmy Buffet	
<b>Cirque de Soleil</b>	<a href="https://www.cirquedusoleil.com/cirqueconnect">https://www.cirquedusoleil.com/cirqueconnect</a>		
<b>Karaoke</b>		The best way to Karaoke without a Karaoke machine is to search on YouTube for your client’s requested songs, and you can put in Karaoke version, or just pick the song with lyrics so they can sing along.	
<b>Inspiring song of the day</b>	<a href="https://www.youtube.com/watch?v=1pVR7nsQBEM">https://www.youtube.com/watch?v=1pVR7nsQBEM</a>		
<b>GAMES</b>			
<b>Charades</b>	<a href="https://apps.apple.com/us/app/charades/id653967729">https://apps.apple.com/us/app/charades/id653967729</a> <a href="https://apps.apple.com/us/app/heads-up/id623592465">https://apps.apple.com/us/app/heads-up/id623592465</a>		

<b>Picture/Word Games</b>	<a href="https://apps.apple.com/us/app/pictoword-fun-word-quiz-games/id600674056">https://apps.apple.com/us/app/pictoword-fun-word-quiz-games/id600674056</a>		
<b>Online Games</b>	<a href="https://www.arkadium.com/free-online-games/">https://www.arkadium.com/free-online-games/</a>	Free online games	
<b>Free Games</b>	<a href="https://games.usatoday.com/category/allgames/">https://games.usatoday.com/category/allgames/</a> <a href="https://www.chess.com/play/computer">https://www.chess.com/play/computer</a>	Free games, puzzles, quizzes  Chess online	
<b>Jigsaw Puzzles</b>	<a href="https://www.jigsawexplorer.com/">https://www.jigsawexplorer.com/</a>		
<b>Trivia Games</b>	<a href="https://www.funtrivia.com/">https://www.funtrivia.com/</a>	Plenty of trivia variety found here	
<b>MISCELLANEOUS</b>			
<b>Quarantine Trends</b>	<a href="https://www.youtube.com/watch?v=SOjwAL9Docg">https://www.youtube.com/watch?v=SOjwAL9Docg</a>	Google more examples or look on YouTube	What song would you want to do a dance challenge to? Do you have a signature move? Possibly do the dance challenge, but without the video
<b>Online Meet Ups</b>	<a href="https://www.meetup.com/">https://www.meetup.com/</a>	Online community of common interest Meet ups?	
<b>Live Feeds</b>	Strive Recreational Therapy Services' Live Feed Facebook Events each week	WEEKLY LIVE FEED of events – LIKE on Facebook for Access Strive Recreational Therapy Services Inc.	