



Exercise Resources:

Videos/Apps:

Leslie Sansone – walk away the pounds (sold in stores, also available in clips on Youtube)

Fitness Blender – variety of videos for variety of equipment and levels.

<https://www.fitnessblender.com/videos>

Lean it up – website that offers a variety of exercise routines for a variety of levels – with zero to minimal equipment.

<http://www.leanitup.com/>

SworKit – App that lets you choose what muscle group/body part you want to work and times and gives exercises.

Map My Fitness – App that logs activity and walking or jogging routes

Classical Stretch – The Esmonde Technique – available online, great for toning and flexibility.

Eldergym – DVD's available for balance, strength, etc. Offers a chair exercise program.

**Books/Reads:**

The "Men's Health" Big Book of Exercises – gives multiple options of exercises for each muscle group, including photo directions.

Shape. Com – offers a variety of articles/workout examples.

Motivational Material:

23.5 hours – available on Youtube.

<https://www.youtube.com/watch?v=aUalnS6HIGo>