

FREE ONLINE FITNESS AND ENRICHMENT ACTIVITIES FROM YOUR DANVERS-TRI TOWN YMCA FAMILY

During these trying times, it is still our mission to support seniors through opportunities that inspire healthy living & learning. Please enjoy this list of **FREE** resources that we have compiled to assist with daily learning, activities, and adventures. Sections include:

- *Keep Moving Exercises- Yoga, Tai Chi*
- *Virtual Field Trips-Learning for All Ages*
- *End-of-the-Day Stretch and Relaxation*

Right Click on the highlighted/underlined words to open hyper-links or copy and paste in your web browser.

KEEP MOVING

YMCA-360 workouts- A variety of short videos including yoga and senior-focused exercises.

GENTLE YOGA (22 min.): <https://ymca360.org/on-demand#/category/22/videos/79>

YOGA FLOW (15 min.): To release tight muscles and alleviate back pain
<https://ymca360.org/on-demand#/category/22/videos/82>

RISE AND SHINE (6 min.): Short chair warm up and stretch to help loosen up to start your day with a smile!

<https://ymca360.org/on-demand#/category/14/videos/24>

SILVER CHAIR & CIRCUIT WITH HAND WEIGHTS (27 min.):
Great workout utilizing chair and light weights.

<https://ymca360.org/on-demand#/category/14/videos/25>

TAI CHI: Progressive lessons and practice with each lesson between 6-12 minutes each.

Warm up- <https://ymca360.org/on-demand#/category/20/videos/59>

Crane Walk Beginner- <https://ymca360.org/on-demand#/category/20/videos/60>

Crane Walk- Develop coordination, balance & calmness <https://ymca360.org/on-demand#/category/20/videos/61>

Practice 1 (Intermediate)- <https://ymca360.org/on-demand#/category/20/videos/62>

Practice 2 (Intermediate)- <https://ymca360.org/on-demand#/category/20/videos/63>

VIRTUAL FIELD TRIPS: TAKE A VIRTUAL FIELD TRIP TO A NATIONAL PARK, WATCH A CRITTER CAM, OR EVEN GO TO MARS!

Explore one of our National Parks like Yellowstone or Yosemite.

7 different tours of Yellowstone National Parks:

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Explore Yosemite: <https://www.virtualyosemite.org/>

Check out live Critter Cams from our National Zoo, have a Whale-of-a-Time at the largest aquarium in the US, or learn about our sustainable ocean and the Kelp Forest from Monterey Bay Aquarium.

<https://nationalzoo.si.edu/webcams>

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>

<https://www.montereybayaquarium.org/animals/live-cams/kelp-forest-cam/>

Travel 352 Million Miles to Mars with this virtual, interactive tool:

<https://accessmars.withgoogle.com/>

Learn more about the Space Launch mission to Mars

<https://www.youtube.com/watch?v=O1LTtTTqEX8>

Complete guide to a world of museums and art: <http://mcn.edu/a-guide-to-virtual-museum-resources/>

How our first president lived- Interactive virtual tour of George Washington's home: <https://virtualtour.mountvernon.org/>

The Great Wall of China <https://www.thechinaguide.com/destination/great-wall-of-china>

Google Maps Instant Street View to visit almost anywhere in the world. Example: Go to <https://www.instantstreetview.com/> and type in Eiffel Tower, France and get an eagles-eye view from one of the highest points in Paris.

AT THE END OF THE DAY: STRETCH & RELAX

Stay Calm and enjoy a guided 7-minute meditation lesson from Khan Academy who is also hosting daily livestreams at noon (EST) on Facebook or YouTube.

https://www.youtube.com/watch?v=ZEYuSRHgmCg&feature=youtu.be&fbclid=IwAR2iOefwf3s2C6EbbyiNfm2S9LPkJ_8C3AXBzNOj8meN2TTrderaYitoiE0.

YMCA Weekday Wind-Down (13 min.): Yoga Flow to relieve stress and tension at the end of the day.

<https://www.youtube.com/watch?v=2Tht0CCfkfM&t=1s>