**On line Exercise Program Resources**

**PT Tips with Patty April 2021**

**Physical Activities for people with disabilities from University of Manitoba-free PDF**

Physical-Activity-at-Home-Publicly-available-resources-for-physical-condition%canada.pdf

Produced in June 2020-Has listing of specific websites from Canada and the United Kingdom that are diagnosis specific and for various age groups.

**National Institute on Aging** video paylists by Go4Life Wide variety of exercise videos

**Yoga for Life** through the Cleveland Clinic <https://yogaforlifelasvegas.org/adult-and-senior>

**The MS Gym-Trevor Wicken-** Daily progressive programs for people with MS of all different levels-from bed bound to active ambulatory. Motivational talks weekly. Specific guided programs approximately 30 minutes in length. Free and paid content available. Well qualified exercise specialist. (Patty’s favorite) [www.themsgym.mykajabi.com](http://www.themsgym.mykajabi.com)

**Seated Exercise with Michele Harrison-The MS Center** available on You Tube youtube.com/watch?v=zWhGBqfdV3o

**Mayo Clinic Balance Exercises** www.mayoclinic.org/.../balance-exercises/sis-20076853

**The Prehab Guys-**Physical therapists that address specific joint/muscle problems. There is free and paid content available. [www.theprehabguys.com](http://www.theprehabguys.com) This is research-based exercise for people of all levels from post-op patients to advanced athletes.

**My Fitness Pal-**has free and paid content on exercise, diet and wellness programs. It has a food/exercise diary option. It is recommended by dieticians for people with diabetes, weight management issues and for people with a variety of abilities. myfitnesspal@mfp.underarmour.com

**AARP**-senior exercise options many of which are appropriate for people with MS with varying levels of exercise tolerance. videos.aarp.org/category/video/fitness

**Can DO MS**- [www.cando-ms.org](http://www.cando-ms.org) A large source of webinars, informational handouts and participation in their Jumpstart program which is designed to take a more comprehensive look at wellness with MS

 **Silver Sneakers** – tools.silversneakers.com Membership may be covered by Medicare. Check their website for eligibility. Wide variety of on-line classes

**Above MS** – supported by Biogen [www.AboveMSinfo@biogen-email.com](http://www.AboveMSinfo@biogen-email.com)

**Chi Gung** terryleers.sfq@gmail.com Recently released free chair chi gung live videos at various times