

Resources for Supporting Exercise and Physical Activity at Home

- **Go4Life** provides online resources and videos

<https://go4life.nia.nih.gov/>

- **Participation** has a list of online resources that support exercise at home (they are also doing Live Fit breaks during the week)

<https://www.participation.com/en-ca/blog/no-gym-no-park-no-problem-introducing-our-physical-activity-resource-guide>

- **Get in Motion**: Free telephone-based Physical Activity Coaching during COVID-19 crisis for Canadian adults with a physical disability such as spinal cord injury, multiple sclerosis, stroke, cerebral palsy, fibromyalgia, rheumatoid arthritis, osteoarthritis, post-polio syndrome, or an amputation.

<https://cdpp.ca/get-involved>

- **Virtual YMCA Platform**: www.thisisy.ca

- **American College of Sports Medicine: Staying Active During COVID-19 Pandemic**

https://www.exerciseismedicine.org/support_page.php/covid-19-and-exercise1/

<http://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

- **Theraband workout/Diabetes Canada**

<https://www.diabetes.ca/managing-my-diabetes/tools---resources/resistance-exercise-videos>

- **Arthritis Foundation: Walk with Ease Exercise videos**

<https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/ww-e-exercises>

- **Spinal Cord Injury: Active Homes**

<https://sciactioncanada.ok.ubc.ca/resources/active-homes/>