

# Physical Activity at Home

with online programs

You can get lots of benefits from physical activity in your own home!

- ⇒ Improved *energy*
- ⇒ Improved *mental health*
- ⇒ Improved *sleep*



*Even if you've never exercised before –  
what a great time to start!*

## Online Resources

Education to increase general physical activity



*“Getting Canadians of all ages more physically active.”*

[www.prescriptiontogetactive.com](http://www.prescriptiontogetactive.com)

**Move It or Lose It**  
With Dr. Stu Phillips

In this inaugural online Lager Lecture, Dr. Stu Phillips will explore the ‘traditional’ as well as some less tangible, but perhaps equally as important, benefits of being physically active.

[www.youtube.com/watch?v=DPPHF1b5Kz0](http://www.youtube.com/watch?v=DPPHF1b5Kz0)



*“Encouraging Canadians to get healthy by getting active since 1971.”*

[www.participaction.com/en-ca/programs/get-started](http://www.participaction.com/en-ca/programs/get-started)

**REMEMBER TO TAKE IT AT YOUR OWN PACE!**

Start at a low level and build slowly.

# Exercise Programs for In-Home Use

*Free!*

## Low Impact Gentle Exercise Program

From Soup to Tomatoes

[www.youtube.com/channel/UCOMO\\_bx4Y2I0jkhQtfHppQw](http://www.youtube.com/channel/UCOMO_bx4Y2I0jkhQtfHppQw)



## YMCA YouTube

Enjoy a great YMCA workout from the comfort of your home or wherever you are.

[www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ](http://www.youtube.com/channel/UCnMjjYuiaJZT7JilnXPo7jQ)



## Balance: Mobility Self-Management Program

Improve how you move!

McMaster University School of Rehab Science

<https://srs-mcmaster.ca/mobility-self-management/>



## Hip & Knee OA Exercise: Neuromuscular Exercise (NEMEX)

This site provides examples of exercises designed to manage hip and knee osteoarthritis.

[www.nemex.trekeeducation.org/](http://www.nemex.trekeeducation.org/)



**ALMOST** *Free!*

## Eldergym

Online senior fitness community

[www.eldergymacademy.com](http://www.eldergymacademy.com)



## Apps

### Clock Yourself



COST: \$2.97

This app combines cognitive exercises with fast stepping and/or jumping exercises in a way that is fun and modifiable to challenge people of all ages and abilities.

### Active 10



COST: FREE!

Active 10 is a free and easy to use walking app that tracks your walking and shows you how you can increase your intensity to benefit your health.

# Pain Education/Self-Management

## Back Pain

### MyBackPain

Education on self-management of lower back pain.

[www.mybackpain.org.au](http://www.mybackpain.org.au)



## Back Pain Exercises

### Inter-professional Spine Assessment and Education Clinic

A list of short videos that demonstrate specific positions of relief, stretches and exercises.

[www.isaec.org/exercise-videos.html](http://www.isaec.org/exercise-videos.html)



# Persistent Pain Online Education

*Free!*

### The Pain Toolkit

Useful resources, information and choices for patients to help with the self-management of persistent pain.

[www.pain toolkit.org](http://www.pain toolkit.org)



### lifemark – Life is Now

Discover a complete self-care program designed by a Canadian leader in pain management that supports people living with chronic pain.

[www.lifeisnow.ca](http://www.lifeisnow.ca)



App

**Curable** **50% OFF**

Curable's unique design helps address pain from multiple angles - physical, emotional, and psychological.

The Curable logo features a teal circle with a white checkmark inside, followed by the word "curable" in a white, lowercase, sans-serif font on a teal background.

# Persistent Pain Online Exercises



## Shelley Prosko

Breath Awareness and Regulation

[www.youtube.com/watch?v=RAZh4zaURn0](http://www.youtube.com/watch?v=RAZh4zaURn0)

Supine Movement

[www.youtube.com/watch?v=5118Uv6Bqrc](http://www.youtube.com/watch?v=5118Uv6Bqrc)

Seated Movement

[www.youtube.com/watch?v=6NWmBLfVddo](http://www.youtube.com/watch?v=6NWmBLfVddo)



## FemFusion Fitness

Guided Meditation for Pelvic Floor Relaxation

[www.youtube.com/watch?v=4syPT8gMDDA](http://www.youtube.com/watch?v=4syPT8gMDDA)



## Michael G DeGroot Pain Clinic

Patient Resources – Tai Chi Videos

[www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/](http://www.hamiltonhealthsciences.ca/areas-of-care/medicine-and-complex-care/clinics/pain-clinic/resources/)

