

Stay Active

At Home

Let's Get Moving!

"Stay Active At Home" is a series of seven home-based exercise videos targeting different body parts to improve health.



Sitting

Upper Limbs



Standing

Heart & Lung Function



Supported Standing

Lower Limbs & Balance



Sitting

Upper Limbs & Back



Sitting

Upper Back & Posture



Sitting

Heart & Lung Function



Sitting

Lower Limbs & Abdomen



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