

## Exercise & Wellness Videos for TIME™ Participants

To help you stay active in between TIME™ classes, we've put together a collection of exercise and wellness videos that should match the fitness and mobility of most TIME™ participants. Meaning the selected videos work best for people who may use a cane or walker to get around, and who would benefit from using a hand support for balance to exercise in standing.

We have done our best to select videos that are suitable for TIME™ participants, but it is up to you to determine which exercises are safe and beneficial for you. Do not do exercises that are beyond your fitness or ability level. Stop an exercise if it causes pain and seek medical attention if pain persists. Please consult your primary healthcare provider if you are unsure if you are safe to exercise.

### SAFETY REMINDERS

For exercises done in standing, stand beside hand supports (such as a counter or a sturdy chair back) in case you need to grab something to recover your balance.

Have a chair close by to allow you to sit should your legs require a break.

Have someone with you the first time you try a new video. When exercising alone, have a phone within reach for emergencies.

If you have shoulder pain or limited shoulder movement, skip exercises that reach up high above your head, unless you have been cleared to do so by a clinician.

This list includes videos under each of the following categories:

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## **Adapted Exercise for People with Mobility Challenges**

“It’s Your Choice”, designed by physiotherapists at *Toronto Rehab* for people with multiple sclerosis and other mobility issues. Variations allow you to select the challenge that is most appropriate for you.

- Part 1: [Information & Intro](#) (6 min)
- Part 2: [Seated Warm-Up](#) (12 min)
- Part 3: [Strength, Balance, and Aerobics](#) (24 min)

“Move More with MS” exercise series, developed by the *UK Multiple Sclerosis Society* for people with mild to moderate symptoms.

- [Introduction and gentle warm up exercises | Move more with MS](#) (2 min)
- [Improve your balance and stability workout | Move more with MS](#) (10 min)
- [Low impact lying down exercises | Move more with MS](#) (17 min)
- [Stretch and flexibility exercises for beginners | Move more with MS](#) (7 min)
- [Simple seated exercise workout | Move more with MS](#) (23 min)

“Exercise tips for MS” series by *The National Multiple Sclerosis Society (USA)*. Variations allow you to select the challenge that is most appropriate for you. Some overhead arm movement.

- [Stretching Exercise Tips for MS | National MS Society](#) (11 min)
- [Aerobic Exercise Tips for MS | National MS Society](#) (12 min)

RCM Active Together “exercise snack break” series by *Toronto Grace Health Centre*.

- [Active Together 5-min exercise snack break](#) (6 min)

## **Gentle Movement Exercises, done while sitting or standing**

Designed by *Toronto Rehab* (Chronic Pain *LEAP Service*) clinicians for people with mobility issues and/or pain. Variations allow you to select the challenge that is most appropriate for you.

- [Gentle Chair Yoga, new 30](#) (30 min)
- [Gentle Chair Yoga, 10](#) (10 min)
- [Gentle Chair Yoga, 25](#) (25 min)
- [Gentle Chair Yoga, 30](#) (30 min)
- [Intermediate Chair Yoga](#) (30 min)
- [Tai Chi and Qi Gong](#) (25 min)
- [Gentle Mat Exercises](#) (25 min)



## **Movement for Stroke Survivors (adapted for One-Sided Weakness)**

*The Stroke Association* (UK) and *A Stroke of Luck* partnered to create a 12-video series of stroke-specific exercise led by physiotherapists, offered at 3 different challenge levels. The Amber challenge level is for those who can exercise independently but may require some support with their weaker side.

- [Week 1 - Stretches - Amber Group](#), seated (10 min)
- [Week 3 - Ankle and foot - Amber group](#), seated & standing (10 min)
- [Week 6 - Hip and knee - Amber group](#), seated & standing (14 min)
- [Week 8 - Balance - Amber group](#), standing (8 min)
- [Week 11 - Let's get moving - Amber group](#), gentle cardio, seated & standing (11 min)

Led by physical therapists at *Flint Rehab*, designed for people with one-sided weakness after stroke to move their weaker side. All done in sitting.

- [Easy Leg Exercises](#) (10 min)
- [Hand Exercises](#) (10 min)
- [Core Exercises](#) (10 min)
- [Arm Exercises](#) (10 min)

## **Mindfulness & Relaxation, done while sitting or lying down**

Designed by *Toronto Rehab (LEAP Service)* therapists to guide you through various wellness exercises

- [Breathing Space](#) (3 min)
- [Breathing Relaxation](#) (15 min)
- [Breathing with Ocean Imagery](#) (20 min)
- [Progressive Muscle Relaxation](#) (20 min)
- [Body Scan Relaxation](#) (22 min)
- [Self-Hypnosis](#) (25 min)
- [Guided Meditation](#) (30 min)

## **Accessible Dance, done while sitting or standing**

*Baycrest NBS Sharing Dance Older Adults* classes are designed for people with mild physical and/or cognitive challenges. Choose between the “on your feet” or “in your seat” classes, both led by *National Ballet School* teachers. Note: you must create an account to access the collection of videos.

- Explore classes at <https://oa.sharingdance.ca/> (all classes approx. 20 min)



## FRENCH LANGUAGE VIDEOS

### Exercices adaptés en fonction de votre niveau d'équilibre, en position assise ou debout

*M.O.V.E 50+* offre une variété de capsules vidéos d'entraînement conçus pour les besoins des 50 ans et plus. Les exercices sont adaptés aux besoins des activités de la vie quotidienne, et intègrent une période aérobie modérée. Vous avez l'option de vous entraîner en position assise ou debout.

- [MOVE sur chaise #1](#) (15 minutes)
- [MOVE sur chaise #2](#) (15 minutes)
- [MOVE sur chaise #6](#) (30 minutes)
- [YOGA sur chaise #9](#) (20 minutes)
- [Échauffement sur chaise](#) (5 minutes)
- [Programme Réactivation | Niveau 1](#) (26 minutes)
- [Programme Réactivation | Niveau 2](#) (26 minutes)

« Le GO pour bouger! » est une programme produit par *M.O.V.E 50+* en collaboration avec le *CIUSSS du Centre-Sud-de-l'Île-de-Montréal*. Cinq programmes d'exercices adaptés en fonction de votre forme physique, choisi le bloc qui vous convient.

- [Le Go pour bouger - Bloc bleu](#) (12 minutes). Ce bloc vous convient si vous utilisez une marchette, un triporteur, un quadriporteur ou un fauteuil roulant ET vous avez besoin d'aide pour vous lever.
- [Le Go pour bouger - Bloc vert](#) (11 minutes). Ce bloc vous convient si vous utilisez une marchette, un triporteur ou un quadriporteur ET vous avez besoin d'aide pour monter les escaliers OU dans la dernière année vous avez fait 2 chutes ou plus.
- [Le Go pour bouger - Bloc jaune](#) (11 minutes) bloc vous convient si vous utilisez une canne, mais vous n'avez pas besoin d'aide pour monter les escaliers ET dans la dernière année, vous avez fait un maximum de 1 chute.

Produit par le *CIUSSS du Saguenay-Lac-Saint-Jean*, *Viactive* vous permet de bouger selon votre niveau d'équilibre avec l'option de vous entraîner en position assise ou debout.

- [Viactive - Activité physique \(50+\) - AU QUOTIDIEN](#), classe d'aérobic (25 minutes)
- [Viactive - Activité physique \(50+\) - TAÏ-CHI](#), classe tai chi (30 minutes)
- [Viactive - Activité physique \(50+\) - NOSTALGIE](#), classe de danse aérobie (25 minutes)



NOTE: the videos in the next section are not designed specifically for people with mobility challenges, but they offer gentle fitness options. **Please use hand supports for any exercise that involves rising to stand, standing or stepping, even if not shown in the video.** If you have shoulder pain or limited shoulder and arm movement, do not attempt exercises that reach up or stretch the arm overhead.

### **Gentle Fitness for Older Adults**

Supported by the *British Heart Foundation*, led by an exercise professional

- [Strength & Flexibility](#) (10 min) for legs in sitting and standing, with balance exercises to finish
- [Cardiac fitness- level 1](#) (50 min) increase fitness with marching, toe taps, and arm strength
- [Seated Cardiac Fitness](#) (40 min) seated Programme

Supported by the *National Institute for Aging*, led by Go4Life Fitness Instructor

- [Lower Body Strength](#) (10 min)- leg raises backwards, sideways, sit to stand, heel raises
- [Sample Workout](#) (15 min) warm up, strength, flexibility, balance exercises, and a cool down

*More Life Health* is a channel out of Australia with exercises led by a Seniors' Specialist Physiotherapist. Some videos are seated and some are done standing with hand support.

- [Simple Posture Exercises](#) (5 mins)
- [Seated Core Strength](#) (10 mins)
- [Leg Strengthening](#) (12 mins) in supported standing
- [Standing Balance Workout](#) (10 mins)

Please share with us any other free online videos that help you to stay active.

You can send them to us at [TIME@uhn.ca](mailto:TIME@uhn.ca)

