**Online Exercise Options**

**Yoga:**

* Yoga with Adriene:
  + <https://www.youtube.com/user/yogawithadriene>
  + <https://yogawithadriene.com/>

**Pilates:**

* Blogilates:
  + <https://www.youtube.com/user/blogilates>
* Pilates For Beginners:
  + <https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>

**At home walking:**

* Walk at home by Leslie Sansone:
  + <https://www.youtube.com/user/walkathomemedia>
* Easy at home walking Workouts:
  + <https://blog.mypacer.com/2019/11/24/easy-at-home-walking-workouts-cardio-exercises-you-can-do-anywhere/>