

Virtual Exercise and Wellness Resources for Older Adults

Free

REC Connect LA

laparks.org/virtualrecreation

- Online videos for all ages to enjoy anytime and anywhere
- Sign up for live-streamed group exercise classes, check out their YouTube playlists for [Fitness](#) (moderate to heavy exercise) and [Wellness](#) (gentle fitness), and find other cool activities and classes to do at home!

Jewish Family Services LA

jfsla.org/our-services/

- Offers several services and resources including art + wellness classes for older adults
- For all ages/identities
- Can also call [877-275-4537](tel:877-275-4537) or email services@jfsla.org for help or more information (intake line)

Alzheimer's Los Angeles

alzheimersla.org/calendar/

- Offers workshops, support groups, and other resources for families, individuals, or caregivers dealing with memory loss symptoms
- Learning@Home series of talks: alzheimersla.org/learning-at-home/

California Healthier Living

cahealthierliving.org/programs/

- Various programs and workshops around California on healthy living and aging
- Can search by category (ex. falls prevention and physical activity) or location

National Institute on Aging

nia.nih.gov/health/exercise-physical-activity

- Articles with tips on how to exercise, its different benefits, and how to stay motivated
- Guide on exercise and physical activity for older adults: order.nia.nih.gov/sites/default/files/2018-04/nia-exercise-guide.pdf
- YouTube channel with exercise videos: youtube.com/channel/UCF4jdnof7ZnydEgUfmoxvSg

*YMCA

ymca.net/your-y-at-home-for-active-older-adults

- Offering live online classes as well as pre-recorded videos and resources
- Classes are free for members, but may have a cost for the rest of the community

*SilverSneakers

tools.silversneakers.com/

- Various online exercise classes and resources for nutrition
- *Free for certain healthcare plans, eligibility check: tools.silversneakers.com/Eligibility/CheckEligibility

YouTube: Senior Fitness With Meredith

youtube.com/playlist?list=PLDvpzHBE_ExGyyYEmXioajI52-4war8c6

- Playlists with exercises of various levels for older adults, including seated workouts

Cost for Classes/Activities

*FlexTogether

flextogether.com/

- Variety of low-impact fitness classes for seniors of all abilities and physical conditions
- *Use our special Cedars-Sinai code **LEAP10** for a discount