

Movement for Limited Mobility

--Start Where You Are--
--Progress, Not Perfection--

Video Resources (YouTube):

- HASFit:
 - https://www.youtube.com/watch?v=kLSFVV0U_IM&list=PLRCgg2aTq5NWjbav8TVXatCRijJlWuU0M
- BodyFit by Amy: Full Body Seated Workout:
 - <https://www.youtube.com/watch?v=ztUKDDZZc28>
- The CLASSIC- Sit and Be Fit:
 - <https://www.youtube.com/user/SitandBeFitTVSHOW>
- Silver Sneakers:
 - <https://www.youtube.com/user/TheSilverSneakers>
- Chair Workouts:
 - <https://www.youtube.com/channel/UCRGOW7CXUR7ldjAulQYfaug>
- East2West_WLS Limited Mobility Playlist!
 - <https://www.youtube.com/playlist?list=PLMRPBDIxCTmDRZxojuTeLhl15SfjEgZpR>

Written Resources:

- Lift Functional Fitness- Pulmonary Wellness: <https://liftclass.com/>
 - Daily classes designed to help you build up your pulmonary fitness!
- Sit and Be Fit: <https://www.sitandbefit.org/>
- Well+Good Top Mobility Workouts:
<https://www.wellandgood.com/best-workouts-limited-mobility/>
- How to Exercise with Limited Mobility:
<https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>

Instagram:

- Hashtags to follow: #limitedmobility #limitedmobilityyoga #chairworkout #seatedworkout
- People to Follow:
 - Alexa @lowimpactfit
 - Justin Agustin @justinagustin
 - Donovan Green @chairworkouts
 - Jenna-The Bariatric Trainer @thebaritrictrainer

Facebook:

- Hashtags to Follow: #chariworkouts #allages #allfitnesslevels
- People to Follow:
 - Branden Nicholson: <https://www.facebook.com/b.nickfit>