

Resources for Staying Active at home

Guided movement and relaxation for pain during COVID-19

People in pain need accessible and safe options to manage pain during this period of physical distancing. In response to this growing need, Pain BC is offering free Gentle Movement @ Home live-streaming sessions that provide guided movement and relaxation for people living with pain from the comfort of their homes.

<https://www.painbc.ca/gentle-movement-at-home>

Yoga With Adriene

Our mission is to connect as many people as possible through high-quality free yoga videos. We welcome all levels, all bodies, all genders, all souls! If you're brand-new to yoga, check out my Yoga For Beginners and Foundations of Yoga series. These are designed to give you the tools to build a happy, healthy at home yoga practice. If you're ready to work up a sweat, try the Yoga for Weight Loss or Total Body Yoga playlists.

<https://www.youtube.com/user/yogawithadriene>

PainTrainer

Developed by researchers in Australia and the US, painTRAINER is a free, interactive, online program based on scientific research that teaches you effective strategies to manage your pain.

<https://www.paintrainer.org/login-to-paintrainer/>

Tai Chi Foundation

These are free zoom classes led by instructors from the Tai Chi Foundation in the US.

https://www.taichifoundation.org/free-live-online-classes?gclid=CjwKCAjwp-X0BRAFEiwAheRuiy5A_3E0yZXude1sKk0yRQ3UTVotuIS32pNRFsO2oq5Jpc4VPp2YyhoCZBYQAvD_BwE

Exercise and OA health information from Arthritis Society:

<https://arthritis.ca/living-well/optimized-self/exercise-motion/osteoarthritis-exercise-videos>

<https://arthritis.ca/living-well/optimized-self/exercise-motion/top-10-arthritis-exercises>

<https://arthritis.ca/support-education/online-learning/staying-active>

For women with pelvic pain

Gentle stretches to relax the pelvic floor muscles, from the Pelvic Pain Foundation of Australia.

<https://www.pelvicpain.org.au/easy-stretches-to-relax-the-pelvis-women/>

Breathing Freely: breathing retraining

Learn to breathe more efficiently with these exercises from health researchers at the University of Southampton in the UK

https://www.lifeguidehealth.org/player/play/breathe_land_v1

The Fuzz Speech with Anatomist Dr. Gil Hedley

This is a video that builds motivation for exercise, and talks about the importance of movement to maintain muscles & fascial systems in the body.

<https://www.youtube.com/watch?v=FtSP-tkSug>