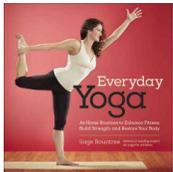


Tailored Skills



Learn: Stay Fit Indoors

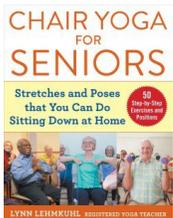
Books and Materials



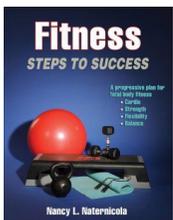
Everyday yoga : at-home routines to enhance fitness, build strength, and restore your body
by Sage Hamilton Rountree
Presents illustrated yoga routines and poses that can be completed in the comfort of the home, and includes warm-ups and cool-downs, standing and mat routines, advice on making poses easier or harder, and sample schedules.



Get fit for free & ditch the gym total fitness : 48 step-by-step exercises : 120 personalized workouts
by Scott Tudge
Presents a series of exercise routines that can be done at home, providing programs for different levels of fitness which can enhance overall physical strength and flexibility, improve weight loss, or target specific body areas.



Chair yoga for seniors : stretches and poses that you can do sitting down at home
by Lynn Lehmkuhl
"One of the biggest concerns among aging men and women is the fear of falling. Chair yoga, or "yoga while seated," allows anyone to experience all of the benefits of an exercise program without being afraid.



Fitness : steps to success
by Nancy L. Naternicola
Fitness: Steps to Success is designed to motivate and engage individuals in a regular fitness program. From flexibility and balance exercises, to weight training and aerobic activities, a comprehensive book will provide a non-intimidating and user-friendly

introduction to various methods of exercise. With testing and evaluation methods designed to help readers determine where to start and track progress.

Online Library Resources



Consumer Health Complete
Designed to support the information needs of patients, Consumer Health Complete provides access to easily understandable health and medical information. You can search and browse medical encyclopedias, reference books, fact sheets and pamphlets, magazine articles, and more.

<http://web.a.ebscohost.com/chc/detail?vid=5&sid=168f5113-cd39-444a-8d55-bec28a351f6e%4>
No gym? No problem: Find the fun in home fitness



Health Source: Consumer Edition
This rich collection of consumer health information provides the full text of many consumer health magazines (including Better Nutrition, Harvard Health Letter, Men's Health, Muscle & Fitness, Prevention, Vegetarian Times, and others), health-related pamphlets and health reference books.

<http://search.ebscohost.com/login.aspx?direct=true&db=hxh&AN=45724615&site=ehost-live>
Home Fitness on a Budget



Libby.

Have you met Libby?
Libby is a free app that allows you to borrow eBooks, eAudiobooks, and eMagazines from our OverDrive collection. You can stream titles with Wi-Fi or mobile data, or download them for offline enjoyment anytime, anywhere. All you need to get started is a library card. Click to

learn more.

- [Health & Fitness Magazine](#)
- [Shape Up at Home](#)
- [Get Slim without the Gym!](#)

Your learning made to fit.



Tailored Skills



Learn: Stay Fit Indoors

Online Resources



hoopla
Access fitness books, ebooks and music with Hoopla.

Hoopla allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV! Titles are ALWAYS AVAILABLE and can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later. NOTE: When creating a hoopla account, use your last name as your PIN.

Great Courses: Stay Fit as you Age

<https://www.hoopladigital.com/title/11527474>

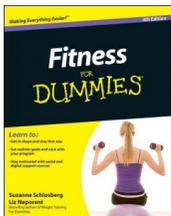


Kanopy
Access fitness videos using Kanopy.

Kanopy offers over 30,000 films, TV shows, and documentaries that you can stream in your browser or watch on iOS, Android, Chromecast, AppleTV, Kindle Fire, or Roku. From The Criterion Collection, PBS, and World Cinema to The Great Courses, Independent Film, and Pee-Wee's Playhouse, Kanopy has something for everyone. You can check out 6 titles per month. Once a title is checked out, you have unlimited viewing of it for the next 3 days.

Mastering Tai Chi:

<https://metrolibrary.kanopy.com/product/mastering-tai-chi>



Fitness for dummies [electronic resource]

by Suzanne Schlosberg

Each book covers all the necessary information a beginner needs to know about a particular topic, providing an index for easy reference and using the series' signature set of

symbols to clue the reader in to key topics, categorized under such titles as Tip, Remember, Warning!, Technical Stuff and True Story.

Community Resources

Metro Technology Centers

Metro Tech's Community Outreach & Wellness is dedicated to expanding wellness programs for community citizens by providing physical activities, education and nutrition classes, mental health awareness and disease prevention.

Free Virtual MetroFit Classes 2021

<https://www.metrotech.edu/metrofit>

OHAI (Oklahoma Healthy Aging Initiative)

<https://www.ouhsc.edu/ohai/Classes/Program-Calendar#648643205-tai-chi-for-better-balance>

Due to the COVID19 pandemic, OHAI is only offering educational programming online at this time. Please follow the OHAI Facebook Page to view Tai Chi and SAIL via Facebook Live throughout the week. Here's the link to the Facebook page: [OHAI Facebook Page](#)

Silver Sneakers (65+)

<https://www.silversneakers.com/learn/ondemand/>

Silver Sneakers Live Online Classes (65+)

https://tools.silversneakers.com/Search/OnlineClasses?_ga=2.100917189.531780177.1621297508-27354

MetroFit- Fitness Classes (All ages)

<https://www.metrotech.edu/metrofit>

