

ONLINE CHAIR-BASED EXERCISE PROGRAM

Are you looking to **stay active** while at home? It's important to **maintain your strength and mobility**. **FREE** online home based exercises are just a click away!



Steps to getting started!

1. Search **www.YouTube.com** on your computer or tablet
2. Search **From Soup to Tomatoes** and then click on the red tomato logo (no need to subscribe)
3. Scroll down to find classes in both French and English for all levels:
 - **Basic Class:** An armchair-based beginner program suitable for anyone.
 - **Gentle Class:** An armchair-based stretching and strengthening program suitable for seniors and people with mobility issues.
 - **Yoga Class:** An armchair-based yoga program suitable for anyone.

If you don't have a stretch band, these exercises can be done with a can of soup, or if you're feeling strong – a can of tomatoes!

Make the video full screen by clicking  (bottom right)

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