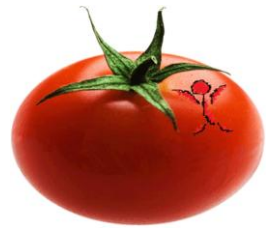


# From Soup to Tomatoes



## **An Chair-based Exercise Program**

*Presented by:*

*Renee Desjardins RN, Certified Personal & Older Adult Training  
Specialist for Basic, Gentle & Yoga*

### **Finding the exercise program online:**

1. Type in **webcast.otn.ca** in the internet search box and select OTN Webcasting Centre
2. Under “**Archived Events**”, click “**public**”
3. Type “**From Soup to Tomatoes**” in the search box in the top corner.
4. Click on an exercise event, by choosing Basic, Gentle or Yoga pre-recorded class on the screen.
5. On the top right of the screen is a small box with an arrow; you can click on it to enlarge the video and then click on the image again to fill your monitor.

*Note: You will need to have the Microsoft Silverlight on your computer*

#### **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

