

At-Home Exercise Resources

Yoga

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

“Plus Size Yoga” Specific Channels/Playlists:

- Edyn Loves Life Yoga Playlist: <https://www.youtube.com/playlist?list=PL1bORRP-53EaxVxtO0CZaJ0CyrPHehTjV>
- Jessamyn Stanley Home Yoga Playlist (note: this channel may have explicit content): <https://www.youtube.com/playlist?list=PL0fB-SXEvSBIMswX7I32cc3IXKTlleD4m>

Low-Impact Exercise

Body Project 30 minute fat-burning home workout for beginners (low impact):

<https://www.youtube.com/c/BodyProjectchallenge/videos>

Walk at Home by Leslie Sansone:

<https://www.youtube.com/c/LeslieSansonesWalkatHome/videos>

Chair Exercise Playlist (Paul Eugene):

https://www.youtube.com/playlist?list=PLmtWOlugc_5_xbW4YKpD1PFPltUlgJRlt

Other:

Fitness Blender: <https://www.youtube.com/user/FitnessBlender>