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## 9 Super Easy Exercise Videos To Try At Home

If you are ready to get started with a fitness routine, but want to get started slowly at first, this is the place! We've identified 9 videos that can help start you down the path of fitness, no matter your age or fitness level.

The videos we selected for you require a bare minimum of equipment, if any at all. The only requirement is that you have the ability to stream to screen large enough that you can see when you are performing the workout.

Keep in mind that these videos are just the ones we selected for you. You can go out to youtube or google or your favorite video streaming site or favorite search engine and dig up your own workout videos. There is an entire universe of exercise videos out there for all different fitness levels and lengths. If you outgrow these, or don't find what you are looking for here, there are plenty more to go find. And we encourage you to go find them!

We are going to start out with 10 minute exercise videos that integrate a chair. Chair exercises can help by providing back support and also greatly reduces the risk of fall damage by having the participants remain seated for the entire workout.

We'll move on to 10 minute exercises that combine chair exercises with standing exercises. Then we'll move it to longer exercises at the end.

All the exercises listed here are very low impact and meant for those who do not currently exercise. Also keep in mind these videos are provided by other parties, so please make sure to read all their warnings and liability statements before following their videos. And if necessary, talk to your doctor before trying any new exercise regiment.

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### [Easy Exercises To Do While Sitting](#)

Our first video is provided by Christi Village, and demonstrates six easy chair exercises anyone can do at home while sitting.

Easy exercises to do while sitting



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## **Seated Exercises for Older Adults**

Our next video is a 10 minute workout that has been put together by the Dartmouth-Hitchcock Aging Resource Center. It includes both balance and strengthening exercises.

Seated Exercises for Older Adults



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## **HASfit Seated Exercise for Seniors**

Our third video is another chair workout for seniors. This video is provided by HASfit and requires no extra equipment. Even though it claims it is a 10 minute workout, it is really 20 minutes, so plan accordingly and get ready for a great workout!

10 Min Chair Workout for Seniors - HASfit Seated Exercise for S...



## **10-minute Sample Workout for Older Adults from Go4Life**

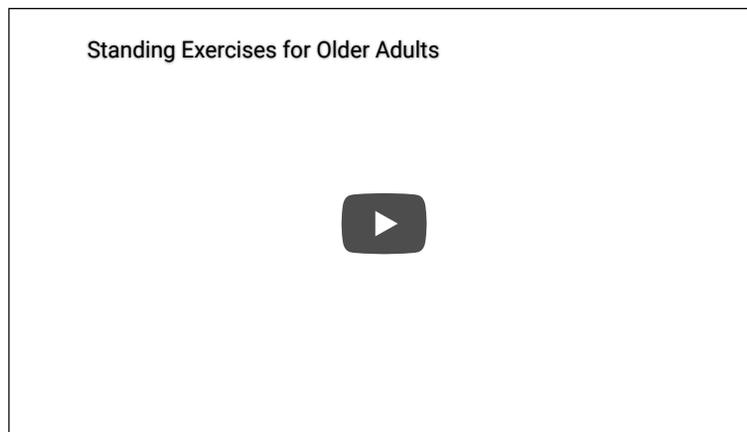
Our fourth video starts integrating seated exercises with standing exercises. You always want to use a good sturdy chair for all your workouts. This 10 minute video is provided by Go4Life. The instructor Sandy leads participants through a warm up then moves on to various exercises that help with strength, flexibility and balance.



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## **Standing Exercises for Older Adults**

Our fifth video is another video provided by the Dartmouth-Hitchcock Aging Resource Center. And this one also integrates seated exercises with standing exercises using a chair for balance. It is 15 minutes long.



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## **20-minute Sample Workout for Older Adults**

Our sixth video is a 20 minute exercise video provided again by Go4Life. Once again seated exercises are integrated with standing videos using your chair for balance.

20-minute Sample Workout for Older Adults from Go4Life



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## **30 Min Standing & Seated Exercise for Seniors**

Our seventh video is a 30 minute workout with 2 instructors. One is standing the entire 30 minutes, the other is sitting the entire 30 minutes. So you have your choice as to whether you want to stand or sit. Or maybe you can alternate between sitting and standing as you build up your strength, endurance and balance.

30 Min Standing & Seated Exercise for Seniors, Obese, Plus Size,...



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## **10-minute 10 Minute Beginner Low Impact Cardio Workout For Fat Loss**

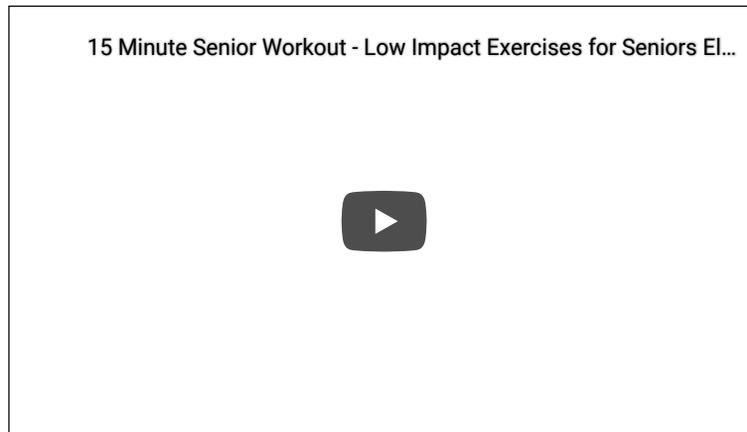
Our eighth video starts moving into the more aggressive workouts. It is provided by BodyFit by Amy. There is no chair in this workout. So you want to make sure your balance is good enough to keep up with Amy in this video.

10 Minute Beginner Low Impact Cardio Workout For Fat Loss



# 15 Minute Senior Workout - Low Impact Exercises for Seniors

Our ninth video is our second video provide by HASfit. It is a 15 minute standing only video and gets things going a little more for you.



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## Conclusion

The most important thing is to get started! Maybe you only want to do a 10 minute workout twice a week for the first month. Maybe you are ready to do 30 minutes every day. Wherever you are in your fitness journey is perfectly OK. Just do it!

There are lots and lots of videos on youtube and other streaming services that can get you started down your fitness path. Just get online and search and you will be amazed at what is out there! Good luck - you can do this!

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