

Staying Active & Bringing the Outdoors Inside!

Home-based Exercise

Online Workout Videos (Hit 'Pause' when you need!)

- SilverSneakers YouTube Channel:
<https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>
- Yoga with "Ti" via SilverSneakers: https://www.youtube.com/playlist?list=PLW_D7pVJXMbu7VoQhqqiwrXcBsneOlZiT

Zumba Gold (Trial Workouts)

- <https://www.youtube.com/watch?v=f1592wNnx9A>
- <https://www.youtube.com/playlist?list=PLJS8UNOYRTfiEG2nx1K3i55CXhnDpIImf>

Yoga for Beginners

- 7-minute yoga for beginners: <https://www.youtube.com/watch?v=NDLad2vOHkU>
- Full-length yoga for beginners: <https://www.youtube.com/watch?v=i6eKyjA8ER4>
- Chair-based yoga: <https://www.youtube.com/watch?v=-Ts01MC2mlo>

Live Streams from Zoos and Aquariums

- San Diego Zoo Live Cams: <https://animals.sandiegozoo.org/live-cams>
- Cincinnati Zoo Home Safari Live Stream- Weekdays at 3 p.m.:
https://www.facebook.com/events/2915534028492292/?event_time_id=2915534041825624
- Monterey Bay Aquarium Live Streams: https://www.youtube.com/results?search_query=monterey+bay+aquarium+live+cam
- Georgia Aquarium Live Streams:
<https://www.georgiaaquarium.org/webcam/african-penguin-cam/>
- National Aquarium Live Streams: <https://www.aqua.org/Experience/live>

- Big Bear Bald Eagle Cam: <https://www.youtube.com/watch?v=NBQhLAIBTH0&feature=youtu.be>
- Smithsonian National Zoo: <https://nationalzoo.si.edu/webcams>
- Kitten Rescue Sanctuary: <https://explore.org/livecams/kitten-rescue/kitten-rescue-cam>

Virtual Tours

Kenai Fjords National Park- Alaska

<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

Hawai'i Volcanoes National Park

<https://artsandculture.withgoogle.com/en-us/national-parks-service/kenai-fjords/exit-glacier-tour>

Carlsbad Caverns National Park

<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>

Bryce Canyon National Park

<https://artsandculture.withgoogle.com/en-us/national-parks-service/bryce-canyon/sunset-point-tour>

Dry Tortugas National Park

<https://artsandculture.withgoogle.com/en-us/national-parks-service/dry-tortugas/near-little-africa-tour>

The Louvre

<https://www.louvre.fr/en/visites-en-ligne#tabs>

The Smithsonian Museum of Natural History

<https://naturalhistory.si.edu/visit/virtual-tour>

All Available Natural Parks on Google Earth

<https://earth.google.com/web/@34.73255594,-94.20827199,312.21005962a,12000003.67034061d,35y,0h,0t,0r/data=Ci0SKxlgMzVhNjc1YmQ0NjVjMTFIOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>

Nature Apps

Birdwatching/Identification

- Merlin Bird ID: Cornell Lab of Ornithology
- BirdNET: Bird Song Identification
- *Available on GooglePlay only
- EyeLoveBirds: Bird Checklists
- Picture Bird - Bird Identifier

Plant Identification

- PictureThis - Plant Identifier
- PlantSnap Plant Identification
- PlantNet
- LeafSnap

Hiking/Biking/Running

- AllTrails: Hike, Bike & Run
- FootPath Route Planner
- Map My Ride by Under Armour
- Star Walk - Explore the Sky

Nature Community

- iNaturalist (This app is part of a citizen science project that allows naturalists, biologists, and citizens to share and learn important information about the world around us)

Nature Podcasts

Plants and Animals

- In Defense of Plants
- The Field Guides
- The 90 Second Naturalist
- BBC Earth Podcast
- Nature Boy
- Species

Birdwatching/Birding

- Bird Note