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](https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag)
- Yoga with “Ti” via SilverSneakers: [https://www.youtube.com/playlist?list=PLW_D7pVJXMbu7VoQhgiwrXcBsneOlZiT](https://www.youtube.com/playlist?list=PLW_D7pVJXMbu7VoQhgiwrXcBsneOlZiT)

Zumba Gold (Trial Workouts)

- [https://www.youtube.com/watch?v=f1592wNnx9A](https://www.youtube.com/watch?v=f1592wNnx9A)
- [https://www.youtube.com/playlist?list=PLJS8UNOYRTfiEG2nx1K3i55CXhnDpIImf](https://www.youtube.com/playlist?list=PLJS8UNOYRTfiEG2nx1K3i55CXhnDpIImf)

Yoga for Beginners

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

Live Streams from Zoos and Aquariums

- San Diego Zoo Live Cams: [https://animals.sandiegozoo.org/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](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](https://www.youtube.com/results?search_query=monterey+bay+aquarium+live+cam)
- Georgia Aquarium Live Streams: [https://www.georgiaaquarium.org/webcam/african-penguin-cam/](https://www.georgiaaquarium.org/webcam/african-penguin-cam/)
- National Aquarium Live Streams: [https://www.aqua.org/Experience/live](https://www.aqua.org/Experience/live)
- Big Bear Bald Eagle Cam: [https://www.youtube.com/watch?v=NBQhLAIBTH0&feature=youtu.be](https://www.youtube.com/watch?v=NBQhLAIBTH0&feature=youtu.be)
- Smithsonian National Zoo: [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- Kitten Rescue Sanctuary: [https://explore.org/livecams/kitten-rescue/kitten-rescue-cam](https://explore.org/livecams/kitten-rescue/kitten-rescue-cam)

**Virtual Tours**

Kenai Fjords National Park- Alaska  

Hawaiʻi Volcanoes National Park  

Carlsbad Caverns National Park  

Bryce Canyon National Park  

Dry Tortugas National Park  

The Louvre  

The Smithsonian Museum of Natural History  
[https://naturalhistory.si.edu/visit/virtual-tour](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=Ci0SKxIgMzVhNjc1YmQ0NjVjMTFiOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M](https://earth.google.com/web/@34.73255594,-94.20827199,312.21005962a,12000003.67034061d,35y,0h,0t,0r/data=Ci0SKxIgMzVhNjc1YmQ0NjVjMTFiOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M)
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

Compiled by Carolyn Parsey, PhD, UW Memory and Brain Wellness Center
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