

OceanView at Falmouth

Workout of the Day

Monday, March 23, 2020

The OceanView at Falmouth Fitness Team has been hard at work this past week. While we navigate new health and wellness roles that prioritize resident safety, we have shifted toward curating the best fitness workouts and programs for you while still creating programs whenever possible. We are so thankful and fortunate to be here helping residents practice social distancing to create the safest possible environment for everyone.

We chose Yoga with Adriene as the first curated content for your fitness needs because of her consistent high quality videos that she has been putting out for over seven years. Her presence is calm, focused, and always leaves us feeling better after a session. We think you'll feel better, too.

Give this 17-minute chair yoga workout a try and let us know what you think!

Yoga with Adriene

Chair Yoga For Seniors



Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial. Today's 17-minute practice invites awareness and integrity into the body, specifically the line of the spine. Activate the muscles that help you find length up through the spine for better posture and energy flow. Make sure to listen to your body and stay safe! Click on the picture to load the video, if that doesn't work, use the link below.

<<https://www.youtube.com/watch?v=-Ts01MC2mlo>>

OceanView at Falmouth Fitness Team
Jameson, Ross, and Christina