

“Get Active” Virtual Resources

Seated/Wheelchair Inclusive

- [Seated Tai Chi](#)
- [20 Min Standing and Seated Exercise](#)
- [30 Min Standing and Seated Exercise](#)
- [Chair Workout Exercises for Abs](#)
- [Gentle Chair Yoga](#)
- [Seated Zumba](#)
- [Seated Arm Aerobics and Kickboxing](#)
- [HIIT Wheelchair Workout](#)
- [Just Move City of Ottawa Fitness](#)
- [Wheelchair Dance Fitness routine](#)
- [You.Me.We.MOVE playlist](#)
- [SCI Action Canada Lab - Strength-Training Guide For People with Paraplegia](#)
 - [And in French](#)
- [10-Minute High-Intensity Workout For People in a Wheelchair Using Light Dumbbells](#)
- [Chairfit - Seated Exercise Playlist](#)

Neurodevelopmental/Physical Disabilities

- [Special Olympics Montana Virtual Training #4](#)
- [Special Olympics Montana Virtual Training Episode #6](#)
- [Stay Active Obstacle Course 1 - "I 'Can' Do It!"](#)
- [Stay Active Obstacle Course 2 - "Ausome Agility Skills"](#)
- [Stay Active Obstacle Course 5 - Up-Over-Around](#)
- [Stay Active Obstacle Course 6 – Soccer](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 1\)](#)
- [Exercise Video for People with Intellectual and Physical Disabilities \(Part 2\)](#)
- [Ottobock YT Channel Playlist - Fitness Workouts for Amputees](#)
- [Just Move Number #3 City of Ottawa Fitness](#)
- [8 Min Inclusive Workout by National Center on Physical Activity and Disability](#)
- [Ausome Ottawa STAY ACTIVE with Ausome » Ausome Ottawa](#)
- [Play From Home | Jumpstart \(canadiantire.ca\)](#)
- [March Break – Jumpstart \(canadiantire.ca\)](#)
- [Jumpstart Resources \(canadiantire.ca\)](#)

Program w/ Sign-up

- [Exercise - Tailored Leisure Co. Accessible Short Breaks And Wellbeing](#)
- [CPC - FUNdamentals Resource | Canadian Paralympic Committee](#)
- [UoSask. - Active and Connected - Virtual Movement Sessions](#)
- [Together In Movement and Exercise \(TIME\) Program](#)
- [Plan to Move - 4-week Physical Activity Program](#)
- [Special Olympics Ontario - Virtual Games](#)
- [Special Olympics Ontario - Reveal Your Champion 1-Year Training Program](#)

Resource Hubs

- [Jooay.com – Connecting children and youth with disabilities to leisure](#)
- [Summer Camp | Jumpstart \(Olympic/Paralympic\) - 9 weeks of video activities](#)
- [Special Olympics Toronto - Stay Active](#)
- [Adapted Exercise Videos in 6 Languages](#)
- [Move United Sport - AdaptAtHome - Live and Recorded classes](#)
- [Facing COVID-19 at home - Physical Literacy Activities + Other](#)
- [Special Olympics | Stay Healthy at Home - Fitness, Activity Guides, Tips](#)
- [Special Olympics Ontario - Sports & Programs | Resource Library - Rules, Resources, and Descriptions](#)
- [EverybodyMoves Resource Hub - Making Physical Activity Welcoming and Inclusive](#)