

2022 Virtual Walking in Freedom! Workshop

WALK IN FREEDOM: Renewing the Mind, Body, & Spirit

CoSandra Beverly, Speaker & Health Advocate
Tuesday, October 12, 2022 | 7:30 PM CST

CoSandra created a list of videos and workout equipment to help you move forward in your health journey.

YouTube workouts:

1. Senior fitness with Meredith
2. Senior shape fitness with Lauren
3. Grow with Joe
4. Body for days by Jerrika
5. Heather Robertson
6. Fitbymik
7. Arianna Elizabeth Yoga

Workout Equipment:

1. Exercise mat
2. Dumbbells
3. Yoga blocks and yoga strap
4. Jump Rope
5. Pilates mini Yoga Ball
6. Resistance bands:
Cable handle resistance band,
elastic resistance band,
fabric booty bands.
7. Chair