

Exercise and Videos

It is more important now than ever to keep active and keep your immune system strong. Check out the classes that you can stream (cardio, strength, yoga, mat Pilates, etc.) using your computer, smartphone or tablet.

[One mile heart healthy walk](#) (15 min session) There are options for two, three and five miles on the page. Select what is best for you

[Beginner Mat Pilates](#) (12 min session) You can select other Pilates videos from this link as well. If you don't have a mat at home, you can just use a towel.

Tai Chi has amazing benefits from such a simple exercise. The web page has ["3 easy beginner tai chi videos for seniors"](#), Scroll down the page and select from Gentle Tai Chi and Qi Gong LEAP serve (24 min), Easy Qigong & Easy Tai Chi (8 minutes) and Tai Chi 5 minutes a Day module (11 min)

[7 Tai Chi Moves for Beginners](#) is a 15-minute Daily Taiji Routine

[14 Exercises for Seniors to Improve Strength and Balance](#) (not a video but directions for exercises that you can do at home.)

[Daily Stretches – Simple Yoga Exercises](#) (11 min) Besides linking to the Simple Yoga Exercises, at the top of the website is additional videos from Strength training to Core exercises.

[Slow and Gentle Yoga](#) (23 min) There are additional videos to choose from on this webpage.

[Mindfulness Meditation - Guided 10 Minutes](#) (10 min) Guided meditation for relaxation. They suggest using headphones.

[Health Benefits of Tennis](#): Why Play Tennis? By Jack L. Groppe, Ph.D.

Tennis videos that will help to keep your game sharp and short clips of doubles play by tennis professionals.

[Tennis Activities You Can Do at Home](#) (4 min) USTA Northern Executive Director Mike Goldammer shows viewers some tennis activities you can do in your garage, basement or living room to keep your game sharp.

[Serving Exercises at Home](#) Easy exercises for players to practice at home to improve their serve. Be careful with the exercise where you toss two balls, as that might not be an indoor exercise.

[Perfect Serve Practice \(20 min routine\)](#) Watch and take notes, as you need a court to practice what is presented in the video.

[Doubles Partner's Net Position](#) (3 minutes) A short lesson on how to position yourself on the court and take advantage of the next shot!

[Return and First Volley Drill – Doubles Tennis Lesson](#) (2 min) A quick lesson on where to return and the that first volley.

[How to Watch the Ball in Doubles – Tennis Doubles Strategy Lesson](#) (7 min) Did you realize that a weak return is referred as a "duck"? Good video on watching the ball in doubles.

[Federer's Body Turn – forehand power tennis lesson](#)

[Modern Tennis Forehand - 5 Drills You Must Do](#) (6 min) Demonstrating how Federer turns his body on a forehand and working with a player on body turn.

[1-handed vs 2-handed Backhand: Which is BETTER?](#) (7 min) Listen to the pros/cons. There is a pdf you can download

[Bryan Brothers Cincinnati Semifinals 2011](#) (15 min) Sit back and enjoy the net play in this match!

[2017 WTA Finals Doubles Quarterfinal | Hingis/Chan vs. Peschke/Groenefeld | WTA Highlights](#) (6 min) Great movement on the court.

[Coco Gauff, Catherine McNally advance to 3rd round in straight sets | 2019 US Open Highlights](#) ((6 min) Highlights of a great match.