



Older Individuals who are Blind – Technical Assistance Center

### Remote Fitness Resources

- [Aptiv](#) audio-based fitness workouts
- [Audible](#) has audio workouts that are perfect for people who cannot see a video
- [USA Women's Goalball Team Tabata Training](#) video on YouTube
- [Leslie Sansung Walking Videos](#) on YouTube
- National Council on Aging: Exercise Programs that Promote Senior Fitness: <https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/physical-activity-programs-for-older-adults/>
- [sweatco](#) keeps a record of your steps and you get paid to walk. You can spend the money on items they carry.
- [Tabata](#) four minute training videos
- [Tabata YouTube Videos](#) for all workout levels
- Check [Talking Books](#) for books on Yoga.
- USABA Facebook page:  
<https://www.facebook.com/UnitedStatesABA/>
- Why We Love Goalball video:  
[https://www.youtube.com/watch?v=MuuuB\\_FN7Bg](https://www.youtube.com/watch?v=MuuuB_FN7Bg)