



Here4TN Videos

Physical Activity

- [Exercises to Do While Sitting](#) (2.5 minutes)
- [Low Back Pain: Keep Moving](#) (1 minute)
- [Proper Lifting to Protect Your Back](#) (1.5 minutes)
- [Being Active with Heart Disease](#) (1.5 minutes)
- [Arthritis: Making Everyday Activities Easier](#) (2 minutes)
- [How Active Should You Be?](#) (43 seconds)
- [Older Adults: Making Physical Activity a Routine](#) (3 minutes)
- [Older Adults: Getting Active After a Health Scare](#) (4 minutes)
- [Getting Started with Flexibility and Stretching](#) (1.25 minutes)
- [Fitness: How Active Should You Be?](#) (45 seconds)