



Here you will find **FREE** video tutorials, resources and activities for all ages. We want to make sure you stay active and have fun while at home. The Virtual Rec is growing daily, so check back often.

*Please note that we do not endorse or receive funds to advertise any of the third-party sites or services listed or referenced on this page.*

## **Stay Active**

### **Youth**

### **Play + Learn**

- [PBS Games online](#)
- [Sesame Street Games](#)
- [Scholastic Books Learn from Home Program](#) (Pre K-Grade 9)
- [Time Magazine for Kids](#)
- [15 Easy Sensory Crafts](#)

## Read Along

- [Bedford County Public Library resources](#)
- [Read with Bedford County](#)

## Stay Active

- [Cosmic Kids Yoga](#)
- [Virtual Kinderdance Classes](#)
- [Ultimate Baseball Training](#)
- [Online Soccer Training](#)

## Adults

- [Home Vegetable Gardening](#)

## Workouts for Adults

- [PopSugar Workouts](#)
- [Men's Health Workouts](#)
- [Yoga Playlist](#)
- [Nike Training Club](#)
- [Seated Exercise Series](#)

## Seniors

### Stay Mentally Active

[Card games](#), [puzzles](#), [reading books](#) and playing games on your phone are great ways to have fun and keep you mentally engaged.

### Stay Physically Active

- **Seated and Standing Exercises**
  - [15-min Class](#)
  - [60-min Class](#)
- **Yoga**
  - [7-min Beginners Yoga](#)
  - [60-min Seated Yoga](#)
- **Cardio**
  - [20-min High-Intensity Interval Training](#) (no equipment needed)
  - [40-min Aerobics Class](#) for Active Adults

## Explore

- [D-Day Memorial Virtual Programs](#)
- [Virtual Washington D.C. Museums Exhibits](#)

### **Virginia Cooperative Extension**

- Activity guide that includes youth activities that are creative and STEM focused

<https://4-h.org/wp-content/uploads/2020/01/4H-Activity-Guide-Final-0126-2020.pdf>

- Healthy living guide that is youth focused with many activities

<https://4-h.org/wp-content/uploads/2019/04/4H-Healthy-Living-Activity-Guide.pdf>

- The following link is from 4-H with STEM activities and links to learning ideas

<https://4-h.org/parents/stem-agriculture/youth-stem-activities/>

### **Get Outside!**

Did you know that social distancing guidelines allow all of us to safely engage in outdoor activities throughout Bedford County? Please ensure when enjoying the outdoors you follow local, state and federal recommendations to stay at least 6 feet apart from others at all times and in groups of less than 10. Learn more about social distancing at your local park and trail [here!](#)