

AGING IN YOUR GARDEN SPACE - RESOURCES

Just search for these channels on YouTube for some great workout videos:

Leslie Sansone – Walk at Home

[Walk at Home by Leslie Sansone - YouTube](#)

Miranda Esmonde-White – Essentrics Workout – Often seen on PBS

[Essentrics Workout - YouTube](#)

Jessica Smith – Fitness that Fits Your Life

[jessicasmithtv - YouTube](#)

Jane Adams – Prime Time Yoga

[Prime Time Yoga - YouTube](#)

BOOKS

The Illustrated Practical Guide to Gardening for Seniors

By Patty Cassidy

Anness Books/Lorenz Publishing

Gardening for A Lifetime: How to Garden Wiser As You Grow Older

By Sydney Eddison

Timber Press

The Lifelong Gardener – Garden With Ease & Joy At Any Age

By Toni Gattone

Timber Press

Aging Backwards

By Miranda Esmonde-White

Harper Wave Publishing

www.4SeasonGardens.com

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