

# HEALTH & WELLNESS RESOURCES

The impact of COVID-19 has presented many challenges within our daily lives. Among them are finding ways to keep active while the gym is closed, eating healthy while resources may be limited and managing all of the stressors or anxiety our current situation brings.

This packet holds many resources that we hope you will find helpful in improving or managing your well-being while social distancing at home.



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## **FITNESS RESOURCES:**

### **GUIDELINES AND RECOMMENDATIONS**

#### **Physical Activity for Everyone**

[https://www.cdc.gov/physicalactivity/basics/index.htm?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fguidelines%2Findex.html](https://www.cdc.gov/physicalactivity/basics/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fguidelines%2Findex.html)

Add exercise to your life with physical activity guidelines for children, adults, and seniors.

#### **Exercise and Physical Fitness**

<https://medlineplus.gov/exerciseandphysicalfitness.html>

Get the basics, health check tools, tutorials, the latest news, and more.

#### **Exercise for Older Adults**

<https://www.nia.nih.gov/health>

Put safety first as you begin an exercise routine. Find out how to do strength, balance, stretching, and endurance exercises.

### **WORKOUT VIDEOS**

*While most of us are staying at home, unable to go to the gym or a fitness class, we may be struggling to find a new fitness routine. While taking walks outside is a great way to exercise, there are many resources to utilize at home so you can maintain your energy levels and keep healthy during this time. These workouts require little to no equipment and are taught by certified fitness instructors who know their stuff! Best of all – they are free!*

#### **Fitness Blender**

<https://www.fitnessblender.com/videos>

Fitness Blender offers a huge selection of full-length video workouts of all different types. Here you will find fat-burning workouts, kickboxing routines, total body strength training, workouts for boosting metabolism, stretching sequences, and more!

#### **Sweaty Betty**

<https://www.sweatybetty.com/us/workout-videos.html>

Sweaty Betty's workouts range from yoga to HIIT. Explore the video library to find a class to suit your time frame and fitness level. No matter whether you have experience doing fitness classes or are a complete beginner, Sweaty Betty has something that will get you working at an appropriate level.

#### **Make Your Body Work**

<https://makeyourbodywork.com/best-online-workout-videos/>

Each of these workouts will challenge your entire body and will include elements of cardio, strength, and core conditioning. The uniqueness of these workouts are the difficulty levels that provide up to four distinct options for every single move. This makes each workout very accessible for newbies, yet challenging for super-fit users.

## WORKOUT VIDEOS CONT.

### Jessica Smith TV

[https://www.youtube.com/channel/UCB7wvvp4HUBe5TD10jlgxDg?sub\\_confirmation=1](https://www.youtube.com/channel/UCB7wvvp4HUBe5TD10jlgxDg?sub_confirmation=1)

Jessica SmithTV shares a unique collection of videos with 7-minute, 10-minute and 30-minute workouts. She offers a really great variety of workout styles -- some focus on fat burning, others on cardio conditioning, workouts for beginners, kickboxing workouts and more.

### Do Yoga with Me

<https://www.doyogawithme.com/yoga-classes>

Many of the classes on Do Yoga with Me are filmed outdoors in beautiful British Columbia, Canada. The level of instruction is top-notch and there are videos that focus on pretty much every part of the body (e.g. hips, hamstrings, back, etc.), so you can target the area that you need to work on most.

### Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene/videos>

Adriene Mishler is a yogi with purpose. She wants to use her instructional classes to help people live life better. As she puts it, "Yoga offers up a way for us to see a world that is working for you instead of against you." Try the following classes when you're feeling in a bad mood.

### Spark People

[https://www.sparkpeople.com/resource/videos\\_new.asp](https://www.sparkpeople.com/resource/videos_new.asp)

Spark People shares short videos for all different types of workouts. There are several categories - Abs, Cardio, Yoga and Pilates, as well as others that dive into healthy cooking and eating ideas. These workouts are great when you are pinched for time. Choose a 10-12 minute routine and squeeze in some activity where you normally would have skipped it altogether.

### BeFit

<https://www.youtube.com/user/BeFit>

Enjoy doing yoga workouts with your favorite trainers such as Jillian Michaels, Jane Fonda, Billy Blanks Jr., Tara Stiles and many others. This channel might offer the best variety of any out there -- It even includes meditations with Deepak Chopra (maybe a good way to relax AFTER your workout).

### Livestrong Woman

<https://www.youtube.com/user/LivestrongWoman>

Livestrong Woman is a video channel featuring professional fitness instructor Natalie Jill. In addition to Natalie's resistance training instructional videos, you will also find great yoga beginners videos taught by Tara Stiles. As an extra bonus, this channel also includes some great videos that discuss healthy eating tips and recipes.

### Diet Health

<https://www.youtube.com/user/diethealth>

Diet Health is YouTube channel that shares great workout videos and simple health tips that can help you change your lifestyle and improve your overall health. Their workouts are mostly quick ones (under 10 minutes) and are led by experienced personal trainers.

### Yoga Journal

<https://www.youtube.com/user/YogaJournal>

Yoga Journal is a wonderful YouTube channel worth following if you want to do yoga at home. Highly experienced yoga teachers will show you how to do poses for the most relaxation, flexibility, and strength benefits. These short videos can be done whenever you have a few minutes to spare during your day.

## WORKOUT VIDEOS CONT.

### CafeMom Studios

<https://www.youtube.com/playlist?list=PLZzvuVh4uN8zSYiODIQgk38jEQvaAb7IC>

CafeMom Studios is a very popular YouTube channel that helps moms build their body back after pregnancy and childbirth. CafeMom Studios offers postnatal workout videos for cardio, pain-reduction, circuit training, and yoga exercises for strength and flexibility.

### eFit30

<https://www.youtube.com/user/efit30>

Anyone looking for yoga, Pilates, and gentle muscle strengthening workouts will love eFit30. These full-length (e.g., 20- to 40-minute) classes are perfect for days when you want to be active but don't feel like making the trip to your gym.

### SarahFit

<https://sarahfit.com/videos/fitness-workout-videos/>

Sarah is a well-known health and fitness blogger and has made "enabling your passion for healthy living" her mission. She shares a lot of quick and simple core workouts, cardio routines, flexibility workouts, and more on her blog.

### Blogilates

<https://www.blogilates.com/workout/>

Cassey Ho is the energetic fitness instructor behind Blogilates. She shares a lot of videos with quick and fun bodyweight workouts that you can do at home in just a few minutes.

### GymRa

<https://www.youtube.com/user/Gymra1>

GymRa offers an excellent range of video workouts that are divided into different categories – 5 to 15-minute workouts for beginners, abs workouts, dumbbell workouts, no-equipment workouts, total body routines and yoga sessions. There is really something for everyone at GymRa.

### Pop Sugar

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

Pop Sugar is a popular fitness and beauty blog that offers just about anything you could want in a health blog. On the website you will find lots of workouts broken down with great written instructions and pictures. On the Pop Sugar Fitness YouTube channel you can enjoy a great range of quick workouts led by some fitness industry superstars.

### Barre3

<https://www.youtube.com/user/barre3sadielincoln>

Sadie Lincoln is an experienced fitness trainer and founder of Barre3. Barre workouts are based on a traditional ballet style of training that uses a bar (of course!). Sadie has taken this foundation and developed a unique training program that perfectly combines yoga, pilates, dance and bodyweight workouts.

## APPS

### Workout for Women

<https://apps.apple.com/us/app/workout-for-women-fitness-app/id839285684>

*\*This app is available only on the App Store for iPhone and iPad*

### Wellbeats

Step 1: Download the Wellbeats app or visit [portal.wellbeats.com](http://portal.wellbeats.com)

Step 2: Select 'Register via Code' and enter invitation code: dbc53d9a

Step 3: Play any Fitness Class!

- 500+ high quality, 1-60 minute videos
- 30 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

*\*free access until April 30th*

## FREE TRIALS DURING COVID-19

*Many companies are offering free trials amid the COVID-19 pandemic. The variety of offers below provide a great time to try out a class you have always wanted to try or experience something new you might fall in love with!*

### Peloton

[https://www.onepeloton.com/app?mod=article\\_inline](https://www.onepeloton.com/app?mod=article_inline)

While better known for its spin classes, Peloton also offers thousands of strength, yoga, stretching, boot camp and cardio workouts on its app, as well as meditation exercises and outdoor running coaching, which don't require any expensive equipment. Peloton has extended its 30-day free trial period to 90 days, which you can sign up for through April 30. After that, you'll pay \$12.99 a month.

### SoulCycle

[https://www.soul-cycle.com/news/offthebike?mod=article\\_inline](https://www.soul-cycle.com/news/offthebike?mod=article_inline)

The coronavirus has pumped the breaks on SoulCycle's spin classes, but its instructors are offering free workouts off the bike on their individual Instagram accounts, including dance and body weight movement classes.

### Nike Training Club

[https://www.nike.com/ntc-app?mod=article\\_inline](https://www.nike.com/ntc-app?mod=article_inline)

The athletic giant has waived the \$14.99 a month fee for its premium service indefinitely. Now, downloading the app grants people access to more than 185 free workouts (yoga, cardio and more) which last from 15 to 45 minutes, as well as targeted running training programs, nutrition and wellness guidance.

### Daily Burn

[https://dailyburn.com/landing?mod=article\\_inline](https://dailyburn.com/landing?mod=article_inline)

Stream thousands of yoga, barre, Pilates, cardio, strength training and high intensity workouts — as well as specialized sessions for women who are pregnant or postpartum — over your smartTV or laptop. Daily Burn is currently extending its 30-day free trial to 60 days, with premium access to all new members to boot. After that, it's \$14.95 a month for the Basic subscription, \$19.95 for Premium, and members can cancel anytime. Paying members who have been financially affected by COVID-19 can also email [support@dailyburn.com](mailto:support@dailyburn.com) to add a free month to their account.

## FREE TRIALS DURING COVID-19 CONT.

### Planet Fitness

[https://www.facebook.com/planetfitness/videos/1058274961238168/?mod=article\\_inline](https://www.facebook.com/planetfitness/videos/1058274961238168/?mod=article_inline)

While the gym chain is closed, it's offering free 20-minute at-home workouts — which it's calling “Home Work-Ins” — on its company Facebook page. They are open to nonmembers and members alike.

### CorePower Yoga

[https://www.corepoweryogaondemand.com/keep-up-your-practice?mod=article\\_inline](https://www.corepoweryogaondemand.com/keep-up-your-practice?mod=article_inline)

The country's largest yoga studio chain is giving everyone free access to a collection of online classes while its 200 locations are closed. (In-person classes generally cost \$26 apiece.) CorePower Yoga On Demand will also post new classes online each week, including meditation sessions to clear your head.

### Barry's Bootcamp

[https://www.barrys.com/barrysigtv/?mod=article\\_inline](https://www.barrys.com/barrysigtv/?mod=article_inline)

Work up a sweat with free, 20-minute versions of Barry's Bootcamp's signature cardio and strength-training classes on Instagram. The studio is posting three workouts a day, which will be announced the day before through Instagram Stories under the @barrys handle, so you can mark your calendar.

### Rumble

[https://www.instagram.com/doyourumble/?mod=article\\_inline](https://www.instagram.com/doyourumble/?mod=article_inline)

You can also get ready to rumble with these free boxing-inspired fitness classes on Instagram each morning. Turn on post notifications for @doyourumble, so you'll get an alert when the classes are about to go live (generally at 8 a.m. ET).

### Centr by Chris Hemsworth

<https://centr.com/join-us>

Train like Thor, but without paying an ungodly sum. The “Avengers” star is offering a free six-week trial on his new Centr fitness and meal plan app, as long as you sign up before April 5. After that, the subscription plan runs \$10 a month if you drop \$120 for a full-year membership. Workouts cover high-intensity interval training (HIIT), boxing, yoga, strength training, MMA and more.

### Down Dog

[https://www.downdogapp.com/?mod=article\\_inline](https://www.downdogapp.com/?mod=article_inline)

This family of yoga apps, including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout, will be free until May 1. But students and teachers, as well as health care professionals fighting coronavirus, will have free access until July 1. Otherwise, memberships run \$7.99 a month, or \$49.99 a year.

### 305 Fitness

[https://305fitness.com/digital-events?mod=article\\_inline](https://305fitness.com/digital-events?mod=article_inline)

Dance it out like nobody's watching with free cardio routines and movement classes on the 305 Fitness YouTube page every day at 6 p.m. ET. They also keep updating a list of their upcoming digital events.

### Barre3

[https://barre3.com/trial?utm\\_source=Instagram&utm\\_medium=Social&utm\\_campaign=freetrial.igbio&utm\\_content=freetrial\\_igbio&mod=article\\_inline](https://barre3.com/trial?utm_source=Instagram&utm_medium=Social&utm_campaign=freetrial.igbio&utm_content=freetrial_igbio&mod=article_inline)

Bring the ballet studio into your home with unlimited classes in strength conditioning, cardio and mindfulness that aim to restore balance to your body. Barre3 is offering a 15-day free trial, and 10% off all props if you want to add resistance bands and core balls to your home gym. After that, the subscription runs \$29 a month.

## FREE TRIALS DURING COVID-19 CONT.

### Fiton

<https://app.fitonapp.com/splash>

This fitness app always has free workouts, including some led by celebrity exercise coaches such as actress Gabrielle Union. Classes include cardio, strength, HIIT, dance and Pilates classes, plus sessions tailored to prenatal and postnatal workouts. But upgrading to FitOn PRO (\$69.99 a year) includes personalized meal plans, more than 500 recipes and unlimited offline downloads.

### P.volve

[https://www.pvolve.com/?mod=article\\_inline](https://www.pvolve.com/?mod=article_inline)

Draw on more than 200 videos streaming high-intensity, low-impact workouts to strengthen and tone the body in small spaces — and with limited-to-no equipment. P.volve is offering a free 14-day trial; after that, the subscription runs \$19.99 a month. To start streaming for free, [click here and enter the promo code OnePvolve](#).

### Grokker (unlimited access through April 30)

<https://www.grokker.com/>

Help your team manage stress, stay connected and maintain their physical fitness with this wellbeing solution.

## NUTRITION RESOURCES:

*Keeping your nutrition in check may seem challenging during stressful situations. However, our need for nutrients increases during periods of stress. Ironically, this is the time when many choose less nutritious foods such as processed or fast food. These resources provide a wealth of information to help provide your body with the nutrients it needs to better manage a crisis or periods of stress.*

### Dietary Guidelines for Americans

<https://www.hhs.gov/fitness/eat-healthy/dietary-guidelines-for-americans/index.html>

Get advice on how good dietary habits can promote health and reduce risk for major chronic diseases (2 years to adult).

### ChooseMyPlate.gov

<https://www.choosemyplate.gov/>

Build a healthy plate from the five food groups that make up a healthy diet.

### Eat Healthy

<https://health.gov/myhealthfinder/topics/health-conditions/diabetes/eat-healthy#panel-1>

Learn the basics and the benefits and take action.

### Nutrition.gov

<https://www.nutrition.gov/>

Find easy-to-read information on food and nutrition.

### MyFitnessPal

<https://www.myfitnesspal.com/>

Free online calorie counter and diet plan. Lose weight by tracking your caloric intake quickly and easily. Find nutrition facts for over 2,000,000 foods. This is also available as an app on iPhone or Android.



## **STRESS, MENTAL HEALTH & SUBSTANCE ABUSE:**

*The outbreak COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. If you have a preexisting mental health condition, you should continue treatment and contact your health care provider if you develop new or worsening symptoms. These resources may also be helpful to you or a loved one.*

### **Learn to Manage Stress**

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>

The American Heart Association offers advice on how to deal with stress. It's important to know how to manage the stress in your life.

### **Calm**

<https://www.calm.com/>

The #1 app for Sleep, Mindfulness, Meditation and Relaxation

### **Find Help**

<https://www.samhsa.gov/find-treatment>

Helplines and treatment locators from the Substance Abuse & Mental Health Services Administration.

### **MentalHealth.gov**

<https://www.mentalhealth.gov/>

Provides one-stop access to U.S. government mental health and mental health problems information.

### **Mental Health and Addiction Insurance Help**

<https://www.hhs.gov/programs/topic-sites/mental-health-parity/mental-health-and-addiction-insurance-help/index.html>

This consumer portal prototype is being released to help consumers get to the correct resource to solve their Mental Health and Substance Use Disorder insurance coverage issue.

### **National Institute on Drug Abuse**

<https://www.drugabuse.gov/>

NIDA's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction.

### **Drug Abuse (MedlinePlus®)**

<https://medlineplus.gov/druguseandaddiction.html>

### **Alcoholism (MedlinePlus®)**

<https://medlineplus.gov/alcoholusedisorderaud.html>

### **HHS.gov/opioids**

<https://www.hhs.gov/opioids/>

Provides one-stop access to U.S. government information about the prescription drug abuse and heroin overdose epidemic, including resources for health professionals, law enforcement, parents, and others.