

Healthy at HOME

Resources to help keep you active and healthy.



Free Home Fitness Resources

YMCA of the USA (YMCA360): Free workout videos for anyone! Categories include yoga, bootcamp, active older adults and Barre.

Visit ymca360.org to get started.

Gold's Gym AMP: Over 600 free audio and video workouts available to both members and non-members until May 31.

Visit goldsamp.com/promo and enter the code **FIT60** to get started.

Fitness Blender: Offers hundreds of free, full-length videos and workout plans along with other helpful fitness information. Visit [Fitnessblender.com/videos](https://fitnessblender.com/videos) to get started.

Darebee: An independent fitness resource offering a wide variety of free workouts and resources for any level of fitness. Visit Darebee.com to get started.

GoNoodle: Features free children's movement and mindfulness games and videos created by child development experts. Visit gonoodle.com to get started.

JEFIT*: A fitness program database available online or through the mobile application ("app"). Fitness programs can be searched by beginner, intermediate, or advanced. Get started at jefit.com or on the Jefit mobile app.

**Some features are free while others require paid subscription*

Free Recipe and Nutrition Resources

American Heart Association: View heart healthy recipes that are as nutritious as they are delicious! Visit recipes.heart.org to get started.

Fruits and Veggies for Better Health: A wide variety of recipes that incorporate fruits and/or vegetables. Visit fruitsandveggies.org/recipes.

Whole Grains Council: Learn how to incorporate more delicious and filling whole grains. Visit wholegrainscouncil.org/recipes.

Eating Well: Choose from a variety of recipes and search by meal or recipe type including "heart healthy," "high fiber," and more. Get started at eatingwell.com.

Skinny Taste: Search recipes by topic. Weekly meal plans and grocery lists are also available. Get started at Skinnytaste.com.

Fooducate: Search and analyze your favorite foods to receive a letter grade for the overall healthfulness based on a variety of factors including added sugars. Get started on the website or mobile app.

Others: MyFitnessPal, HealthyOut

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Mindfulness and Stress Management Resources

Corepower Yoga - free classes on demand right now

YogaWorks - live stream yoga classes

Calm*: A mobile app designed to assist with happiness, fulfillment and joy. Experience guided meditation and stretches along with other resources. [Search for "Calm" in the app store.](#)

Headspace*: A mobile app focusing on mindfulness and meditation. Track progress and invite friends for accountability and motivation. [Search for "Headspace" in the app store.](#)

Mindful: A website dedicated to inspiring, guiding, and connecting those who want to explore mindfulness. Resources include meditation courses and more. [Get started at mindful.org.](#)

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Kids Resources

Online Exercise and Songs

- GoNoodle
- Cosmic Kids Yoga
- PBS Kids
- Koo Koo Kangaroo Dance Videos

Learning

- ABC Mouse
- PBS Kids
- Ranger Rick
- Read Write Think

Check local museums, schools, and other Facebook pages for virtual learning and fun.

Staying Connected

- Call loved ones in nursing homes and care facilities.
- Write a card and post it in the mail.
- Have a virtual meet up with friends and family via video chat.
- Get outside and explore Mother Nature.
- Play board or card games virtually or with those in your home.
- Write sidewalk chalk messages to neighbors.