

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](https://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](https://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.