

Physical fitness is important for wellness and wellbeing. During the pandemic when fitness facilities are closed, there are many free and low-cost virtual offerings available, please see the resources below.

#### **Free and Low-Cost Virtual Exercise Resources:**

- Down Dog Yoga offers all of its subscription apps (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout) free for healthcare workers:  
<https://www.downdogapp.com/healthcare>
- CorePower Yoga offers free videos and hundreds of yoga, sculpt and meditation classes (free 7-day trial):  
<https://www.corepoweryogaondemand.com/keep-up-your-practice>
- The Peloton app includes thousands of on-demand classes (free 30-day trial):  
<https://www.onepeloton.com/app>
- Nike Training Club's premium app offers 200+ free streaming workout videos:  
<https://www.nike.com/ntc-app>
- Energy Medicine for Heroes offers free wellness classes for healthcare workers:  
<https://www.purestrength.nyc/>
- Daily Burn's at-home classes includes thousands of workout videos (free 30-day trial):  
[https://portal.dailyburn.com/?property=at\\_home](https://portal.dailyburn.com/?property=at_home)
- EXOS offers free breathing practice, yoga, bodyweight and strength workouts:  
<https://www.exosathome.com/>
- Gold's Gym offers free bodyweight, HIIT and core strength videos:  
<https://goldsgymanywhere.intelivideo.com/categories>
- Planet Fitness hosts free live and on-demand workouts:  
<https://www.planetfitness.com/united-we-move>
- YMCA is offering free live and on-demand virtual workouts:  
<https://ymcanyc.org/ymca-home>

#### **Free YouTube Exercise Channels:**

- National Institute on Aging's Go4Life exercise playlist includes videos for older adults:  
<https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>
- Walk at Home by Leslie Sansone includes strength and walking workouts:  
<https://www.youtube.com/c/LeslieSansonesWalkatHome/featured>
- BodyFit by Amy offers 200+ low impact to advanced workouts:  
<https://www.youtube.com/c/BodyFitByAmy/featured>
- FitnessBlender offers over 500 full length workout from home videos:  
<https://www.youtube.com/c/fitnessblender/featured>
- Orangetheory Fitness, an interval fitness concept, offers at-home workouts:  
<https://www.youtube.com/c/orangetheory/videos>
- POPSUGAR Fitness hosts multiple fitness tutorials, workouts and exercises:  
<https://www.youtube.com/c/POPSUGARFitness/featured>