



Physical Activity Resources

NHA Live Well Virtual Classes

www.mikesfitfamily.com

*Live Well participants and NHA staff and families served will be able to register and gain access to the live classes through Mike's Fit Family Website. 8 Classes a day / 40 classes a week!
Monday – Friday 7:00am – 6:00pm.*

Live Well San Diego

www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome

Live Well @ Home is a free resource to help community residents find tips and strategies to stay healthy in both mind and body while staying at home. We've organized the below resources and activities by age group and topic to help you find the right tools to match your needs.

YMCA 360

www.ymca360.org

A new free online community program, YMCA 360, offers on-demand programs and digital coaching. The program includes some of the Y's most popular group exercise classes like boot camp, barre, yoga, and low impact programs for seniors.

P.E. With Joe

www.youtube.com/thebodycoachtv

With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive. Exercise is an amazing tool to help us feel happier, more energized, and more optimistic. The workouts will be fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune in to my YouTube channel at 9am each morning for a 30-minute, fun workout.

Sworkit Kids

www.app.sworkit.com/collections/kids-workouts

Sworkit Kids is an exercise and fitness app aimed at students in elementary and middle school, though it can be used for students of all ages and even adults. The app guides students through exercise routines focusing on strength, agility, flexibility, and balance, such as doing the crab crawl, squats, or side plank.

YouTube Kids

www.youtubekids.com

YouTube Kids was created to give kids a more contained environment that makes it simpler and more fun for them to explore on their own, and easier for parents and caregivers to guide their journey as they discover new and exciting interests along the way.



Les Mills

www.watch.lesmillsdemand.com/at-home-workouts

This temporary site allows free access to 100+ workouts during the COVID-19 disruptions.

Life Time

www.my.lifetime.life/lp/video-workouts.html?icmp=od-video§ion=healthy

You can participate in new classes added daily on demand from Lifetime as a way for members (and non-members) to stream cardio, strength, and yoga classes absolutely free.

Orangetheory At Home

www.orangetheory.com/en-au/member-communication-regarding-coronavirus

Just because we can't meet in the studio, doesn't mean we aren't committed to helping you achieve More Life. Every day we'll share a 30-minute workout showcasing some of your favorite coaches from around the world. You won't need special equipment, although we may ask you to scrounge around the house for some objects. But hey, it's a good excuse to do some light cleaning.

305 Fitness

www.305fitness.com/digital-events

This stellar dance-cardio party is one of NYC's most popular workout classes. In light of the COVID-19 closures, founder Sadie Kurzban is now offering free cardio dance live streams twice a day on YouTube at noon and 6PM EST.

Planet Fitness

www.youtube.com/planetfitness

Planet Fitness will be hosting "Home Work-Ins" – a series of free fitness classes for everyone – that will be streamed live daily at 7 p.m. EST. Classes will be led by Planet Fitness certified trainers, as well as special guests like "The Biggest Loser" coach and fitness trainer Erica Lugo, among others. For anyone who can't participate live, each workout will also be available to view on both the Planet Fitness Facebook page and YouTube channel after the broadcast is over.

Core Power Yoga

www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&

If you're looking to complete your yoga flow at home, CorePower Yoga is offering free streaming live classes for you each day.