



# SAFER AT HOME WELLNESS



## EASY WAYS TO ENGAGE IN WELLNESS AT HOME!

The Coronavirus pandemic means that for most of us our normal routines and schedules have disappeared.

Worrying about the impact the virus may have on our own health, as well as the well-being of our families and friends can cause us both mental and physical stress.

During this time, it is more important than ever to try to maintain a sense of normalcy and continue our wellness activities to help us stay healthy and relieve stress. Below are some resources for wellness while at home.

### Physical Health\*

- [Fitness Blender](#) – An online workout portal offering **free**, full-length workout videos, healthy recipes and other helpful health, nutrition and fitness information. No registration required. You may buy-up to obtain the full library of content.
- [Les Mills On-Demand for Children](#) – In partnership with Gold's Gym, this temporary site allows free access to more than 100 workouts. The Born to Move workouts are designed specifically with kids in mind. Use the drop down to access workouts for adults. No registration necessary.
- [Down Dog](#) – Fitness website that offers a variety of instructor-led classes include yoga, High Intensity Interval Training (HIIT), 7-minute workouts, and Barre. Allows you to customize your class experience. **Free** to use until May 1, 2020. Registration required to access workouts.

### Mental Health

- [Mental Health Toolkit](#) – Shine and Mental Health America has created this wonderful, **free** website and toolkit that includes research-backed articles, stress relieving activities, access to mental health experts, and anxiety screenings among other things.
- [Wellworks for You](#) – in partnership with Healbright, Wellworks for You has created this **free**, online course to help you relieve stress and build resilience using a variety of techniques that you can do at home. Registration required on the website.
- [Take a Deep Breath by Calm](#) – The Calm meditation app has created a website with loads of **free** content included guided meditations, yoga, sleep stories, and more. If you like these and want more, you can obtain an annual subscription to the Calm app for its entire library of content for a 40% discount.

\* You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.