



## Online Fitness Resources

Due to the University's proactive efforts to slow down the spread of the novel coronavirus, Campus Recreation facilities and the Faculty and Staff Wellness program have cancelled all fitness programming until further notice. In the meantime, Campus Recreation will be showcasing personal training staff and group fitness instructors on their UD Instagram account ([ud\\_campusrec](#)). Each day, a new at-home exercise will be highlighted. We want to continue to inspire you to lead healthy, active lives from home! Get outside, play, and move each day. Your body and mind will thank you!

**Below is a list of additional online resources to help you and your family stay active at home.**

### Strength, Cardio & More!

- [Les Mills on Demand](#) – A streaming site with free access to **over 100 workouts across 10 categories** including something for the whole family. *Free content will be available for at least two months, and may be extended.*
- [FitnessBlender](#) - Features over 600 full length at home workouts. Quick, simple, and to the point.
- [POPSUGAR Fitness](#) - Fun, fresh, and upbeat at home workouts.
- [Sarah's Day](#) - Quick workouts aimed at sweating hard and burning fat. Generally around 15 minutes.
- [YMCA 360](#) – Bootcamp, yoga, barre and classes for active older adults.
- [Peleton](#) App - Free for 90 days. A mix of running, strength, toning, cycling, yoga, meditation and outdoor workouts.
- [Wellbeats](#) - Free subscription till end of April to access a number of excellent workout videos. When many of us are homebound, this has something for everyone...even children!
- [LaBlast Fitness](#) - LaBlast Fitness: Louis Van Amstel, creator of LaBlast Dance Fitness, is offering free online classes.

## Yoga/Pilates

- [Down Dog Yoga](#) - Practice yoga from your living room! Down Dog is making all of their apps – Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout – completely free until April 1st.
- [Blogilates](#) - Full length Pilates inspired workouts you can follow along at home.
- [Morgan Tyler](#) - Yoga flows designed to elevate your mood!
- [Yoga with Adriene](#) - a great beginners series | [Specific video on yoga for stress and anxiety](#)
- [Commune's Yoga and Meditation Virtual Studio](#) – Free 14 day fitness trial for unlimited access to all of our course videos.
- [Pilates with Alexis UD](#) - Participants can also go to YouTube and search for "AleXercise" to find more online sessions.

## Running

- [Runner's World](#) - Maybe now is the time to train for that 5/10K?
- [Hal Higdon Running Plans](#) - Alternative running plans from professional running coach, Hal Higdon.

## ACE (American Council on Exercise) Fitness

- [25 At Home Exercises](#)
- [20-minute Body Weight Circuit](#)
- [7 Min Workout](#)
- American College of Sports Medicine - [Staying Physically Active During the COVID-19 Pandemic](#)

## Additional Resources

- [Ohio Department of Health](#)
- [Centers for Disease Control and Prevention](#)
- [Federal Government Response](#)
- [Ohio.gov](#)