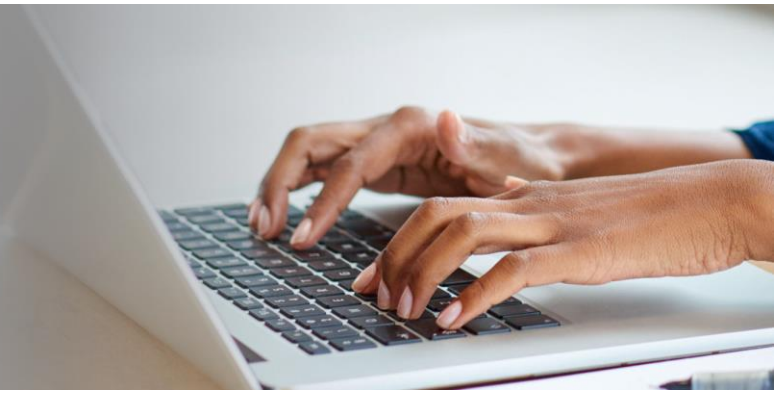


# Healthy at HOME

Taking care of your mental health and well being.



## 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.](https://www.ymca360.org)

**YWCA Minneapolis:** Offering a menu of 14 live fitness classes each week, free online fitness videos, virtual personal training sessions, virtual nutrition coaching sessions and dryland swim instruction for YWCA youth and masters swim teams. Available for anyone (non-members) living in and outside of MN. [Visit ywcamppls.org/class-schedules/.](https://www.ywcamppls.org/class-schedules/)

**Darebee:** An independent fitness resource offering a wide variety of free workouts and resources for any level of fitness. [Visit Darebee.com to get started.](https://www.darebee.com)

**Fitness Blender:** Offers hundreds of free, full-length videos and workout plans along with other helpful fitness information. [Visit Fitnessblender.com/videos to get started.](https://www.fitnessblender.com/videos)

**GoNoodle:** Features free children's movement and mindfulness games and videos created by child development experts. [Visit gonoodle.com to get started.](https://www.gonoodle.com)

**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.](https://www.jefit.com)

*\*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.](https://www.recipes.heart.org)

**Academy of Nutrition and Dietetics:** Tips for staying healthy and food safety individuals and families managing the challenges of the COVID-19 outbreak. [Get started at eatright.org/coronavirus.](https://www.eatright.org/coronavirus)

**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.](https://www.eatingwell.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 fooducate.com or mobile app.](https://www.fooducate.com)

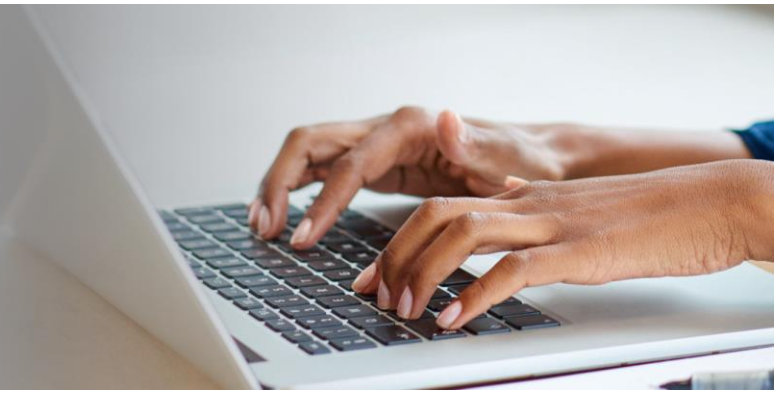
**Fruits and Veggies for Better Health:** A wide variety of recipes that incorporate fruits and/or vegetables. [Visit fruitsandveggies.org/recipes.](https://www.fruitsandveggies.org/recipes)

**The Nutrition Source:** Harvard's School of Public Health website with diet reviews, recipes, and meal ideas. [Visit hsph.harvard.edu/nutritionsource](https://www.hsph.harvard.edu/nutritionsource)

**Skinny Taste:** Search recipes by topic. Weekly meal plans and grocery lists are also available. [Get started at Skinnytaste.com.](https://www.skinnytaste.com)

**Whole Grains Council:** Learn how to incorporate more delicious and filling whole grains. [Visit wholegrainscouncil.org/recipes.](https://www.wholegrainscouncil.org/recipes)

**Others:** MyFitnessPal.com, HealthyOut app



## Mindfulness and Stress Management Resources

**Building Resilience:** Article by *American Psychological Association* on adapting to life-changing events. [Visit \*\*apa.org/topics/resilience\*\*](https://www.apa.org/topics/resilience)

### Classes and coaching

- **Corepower Yoga:** free, on-demand classes
- **YogaWorks:** live stream yoga classes
- **Sanvello:** Virtual coaching and resources to help cope with stress and anxiety. Currently free. [Visit \*\*www.sanvello.com/coronavirus-anxiety-support/\*\* to begin.](https://www.sanvello.com/coronavirus-anxiety-support/)

### Apps and websites

- **Calm\*:** A mobile app designed to assist with happiness, fulfillment and joy. Try guided meditation and stretches. [Search for “Calm” in the app store.](#)
- **Headspace\*:** A mobile app focused 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\*\*.](https://www.mindful.org)

*\*Some features are free while others require paid subscription.*

## 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

- Have a virtual meet up with friends and family via video chat. Try **Zoom**, <https://zoom.us/>, a free video or audio chat provider for all devices including landlines to laptops.
- Call loved ones in nursing homes and care facilities.
- Write a card and post it in the mail.
- Get outside and explore Mother Nature.
- Play board or card games virtually or with those in your home.