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## FREE OR LOW-COST Physical Activity Resources (online only)



RESOURCE	DESCRIPTION
<b>FREE Online Workout Videos (click for links):</b>	
<a href="#">AARP Fitness</a>	10 minute fitness videos for older adults. Enjoy low-impact and easy total body workouts with over 67 videos to choose from.
<a href="#">At-Home Barre Classes</a>	To support your health and wellbeing during this time, bring the same remarkable studio workout into your home—totally free for 15 days.
<a href="#">Balloon Challenges and Games from SHAPE America</a>	Balloon fitness and activities for making exercise fun at home.
<a href="#">Beginning Dance Classes for Weight Loss</a>	Fun beginners dance workout for weight loss with an at-home cardio exercise dance routine.
<a href="#">Chair Yoga</a>	Great Yoga for Seniors! Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial.
<a href="#">Champions for Change Tips and Videos</a>	Champions for Change quick and easy health tips and videos, including both physical activity and healthy eating.
<a href="#">Fitness Blender Affordable Programs</a>	Search the most effective and affordable workout programs on the web.
<a href="#">Fitness Blender Cardio Workout</a>	37-minute fat-burning cardio workout at home, with no equipment needed and a warm-up and cool-down.
<a href="#">fitWorkout Videos</a>	Videos that guide full workouts, yoga, exercise breaks from screen time, and more!
<a href="#">Free Tai Chi Lesson</a>	Free Lesson from Dr Paul Lam's Tai Chi for Beginners.
<a href="#">Free Yoga, HIIT, Barre, and 7-minute Classes</a>	Offering "great fitness anywhere," Down Dog provides a studio-like yoga experience in the comfort of your home. All experience levels.
<a href="#">Go4Life</a>	15-minute workout video to support older adults in warm up, strenght, flexibility, and balance exercises.
<a href="#">Great Wolf Lodge Yoga for Kids</a>	A playful and interactive way for both parents and kids to learn yoga poses together.
<a href="#">Hip Hop for Public Health</a>	A resource center to search through free physical activity music, videos, teaching guides and more.
<a href="#">Inclusive Workout Videos</a>	38 inclusive free physical activity workout videos for adults, seniors and children that can be used at home, posted by the National Center on Health, Physical Activity and Disability (NCHPAD).
<a href="#">KIDZ BOP</a>	34 Minutes of KIDZ BOP Dance along videos
<a href="#">Move Your Way: Tips for Getting Active Indoors</a>	Kids stuck in the house? Watch this video for tips to help your kids get physical activity when they can't go outside.
<a href="#">Oklahoma 4-H Healthy Living Yoga Videos for Kids</a>	A free collection of yoga videos for kids
<a href="#">Paper Plate Tabata - Interval Training from SHAPE America</a>	High Intensity Interval Training workout using just paper plates.
<a href="#">Peloton Workouts</a>	The app is free for 30 days, and you don't need a bike as they have running, walking, cardio, and dance workouts too.
<a href="#">Pilates Anytime</a>	Access thousands of streaming Pilates videos from the comfort of home, with a 15-day free trial.
<a href="#">Planet Fitness iFit App</a>	Free access to Planet Fitness' exclusive training series, powered by iFit. You'll find six fun and motivating series, led by some of the best trainers in the industry.
<a href="#">SilverSneakers Online Videos</a>	Over 200 videos of online workout for seniors.
<a href="#">Towel Fitness Challenges from SHAPE America</a>	Activities and fitness challenges you can do at-home with just a towel!
<a href="#">Videos for Performing At-Home Exercises</a>	Exercises (with no weights necessary) from Eat Smart Move More Weigh Less instructors. Have fun!
<a href="#">We Are Teachers Streaming and Online Videos</a>	A collection of top virtual PE streaming videos, apps, and lesson plans.
<a href="#">Workplace Physical Activity Break Guide</a>	A guide for ways to be physically active in the workplace or in places with limited space, including imbedded videos for Chair Exercises, Stretches, Tai Chi, and Yoga, Group Energizer Activities, Music Activity Videos and Office Workouts.
<a href="#">Yoga for All Ages</a>	17-minute practice to brighten your day. Great for ALL AGES!
<a href="#">Yoga For Seniors</a>	Relaxing and gentle 28 minute practice.
<a href="#">Yoga International</a>	Stream hundreds of expertly led yoga & meditation classes on any device. Free trial.
<a href="#">YMCA Classes</a>	The YMCA's youth development and healthy living experts partner to provide you with virtual access to the best group fitness classes on the go and resources for kids to learn, grow and thrive even when school's out. Free 60-day trial.
<a href="#">30 Days of Yoga</a>	<a href="#">Welcome Home: A 30 Day Yoga Journey for adults</a>

<b>Printable resources (click for links)</b>	
<a href="#">All-Weather Family Activities</a>	Activities including warm weather, cool weather and indoor activities.
<a href="#">Step-by-Step Instructions for Performing At-Home Exercises</a>	Tips from Eat Smart Move More Weigh Less for warm-up, resistance training, and flexibility exercises, all with no weights necessary.
<a href="#">Super Deck Card Game from SHAPE America</a>	A 54 card deck that can be used to play multiple games to get students fit and active.

### Other Online Resources (click for links)

<a href="#">Active Schools Resources for Kids to Stay Active At Home</a>	A collection of free resources. Active Schools is here to help during these challenging times and all the time. Access resources year-round by joining the Active Schools Movement at <a href="http://www.activeschoolsus.org">www.activeschoolsus.org</a> .
<a href="#">FitnessGram COVID-19 and PE Resources</a>	The Cooper Institute has compiled a list of free resources for PE and physical activity for students, parents and teachers who are practicing social distancing during the coronavirus pandemic. Updated often, so bookmark it for easy reference.
<a href="#">Healthier Generation At-Home Resources</a>	Help families move more with our free tools, resources, games, activities, and more designed to make physical activity easy and fun for all!
<a href="#">Kahoot Apps and Games for Distance Learning</a>	Engaging group and distance learning, apps and games for teachers, students, and families.
<a href="#">Move Your Way Resources</a>	The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes can add up to big health benefits!
<a href="#">OPEN - Online Physical Education Network</a>	A network that provides curriculum resources for PE educators, but includes resources for families and at-home activities, including creating an Active Home and Summer Camp At-Home Resources. Free membership.
<a href="#">PE Central At-Home PE Resources</a>	A collection of at-home PE resources, lesson plans, and a video library provided by actual educators!
<a href="#">Resources from the President's Council on Sports, Fitness &amp; Nutrition</a>	Collection of organizations that offer credible and practical resources on physical activity. Use these resources for ideas on how to incorporate activity into your daily life.
<a href="#">The PE Specialist</a>	A collection of at-home PE resources, including follow-along kids workouts and follow-along YouTube workout channels.

<b>FREE Online Meditation Apps (click for links):</b>	
<a href="#">Insight Meditation</a>	Free site offering teachings and practices in mindfulness and insight meditation (Vipassana). Suitable for everybody.
<a href="#">Insight Timer</a>	An entirely free app with more than 30,000 guided sessions. It also offers relaxing music tracks, a section for kids, and therapeutic pep talks from the likes of Indian yogi Sadhguru and psychotherapist Anthony DeMello.
<a href="#">Smiling Mind</a>	A free meditation app developed by psychologists and educators that offers a wide variety of programs for all ages, with programs specific to anxiety around the coronavirus for the whole family.