**Keeping Fit and Healthy**

Below are several free, on-demand videos that you can access at your home, that include a variety of exercises, such as yoga, meditation, strength training, stretching, cross fit, etc.

* Free individualized, on-demand classes via an App:
  + The Nike Training Club app lets you download free 15-, 30- and 45-minute workouts designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges.
  + Peloton is offering a 90-day free trial to its digital membership, up from its usual 30-day trial, where you can access streaming and on-demand workouts for spin, tread, yoga, strength training and more. To begin your trial, head to Peloton's website or download the app. <https://www.onepeloton.com/digital/checkout/digital-90d>
* Free individualized, on-demand classes via a website:
  + CorePower Yoga is offering [free access to a limited collection](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.corepoweryogaondemand.com%2Fkeep-up-your-practice%3Ffbclid%3DIwAR3-T4eGvS1B7S2RKGV6tLoglWAobw3n6S4mYxPAq750ppu32BPxlzAZfuA&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C855df8835327482c128808d7d0c5bebc%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637207420030629228&sdata=LvFxdAB4GxS5ibHhULz4zMh1g4HmJEspz4VTt3Nbw4I%3D&reserved=0) of online yoga and meditation classes while studios are closed.
  + Crossfit: [https://www.crossfit.com/at-home/workouts](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.crossfit.com%2Fat-home%2Fworkouts&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C5e254bd4359e45cfa06708d7d01453ef%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637206658033355371&sdata=btDDSUjIA%2FUxOBq0ZDuHjrK4FMUXnbhiWOoPApyS2zU%3D&reserved=0)
  + Fitness Blender is a free resource created by two personal trainers with hundreds of workout videos ranging from 10-85 minutes long, including cardio, strength training, Pilates, stretching and more at all levels. <https://www.fitnessblender.com/videos>
  + Orangetheory is sharing a [new 30-minute workout video](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.orangetheory.com%2Fen-au%2Fmember-communication-regarding-coronavirus%2F&data=02%7C01%7CDonna.Sitkiewicz%40exeloncorp.com%7C855df8835327482c128808d7d0c5bebc%7C600d01fc055f49c6868f3ecfcc791773%7C0%7C0%7C637207420030639225&sdata=DtIz%2Bodirnusk5y%2FQNq8ZGPtIt6yMk%2FQRd3wr9XY6q8%3D&reserved=0) each day, featuring some of its most popular coaches from around the world. The workouts don't require any special equipment, but may feature everyday household items.
  + Planet Fitness is live-streaming free online workout classes on its Facebook page on weekdays at 7 p.m. ET. These 30-minute, equipment-free workouts also are available on demand on their YouTube channel.
  + STRONG by Zumba offers free HIIT workouts on YouTube, choosing from 7-, 20-, and 30-minute on-demand classes. The videos also come in languages other than English. <https://www.youtube.com/channel/UCQkaczRlyBjl3UKBH59W3XQ/videos>
* Exercise program over a specified number of weeks:
  + @NCHPAD’s 14-Week Program to a Healthier You is a free, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions. Remember to stay active at home during #COVID-19! <https://www.nchpad.org/14weeks/>
* For Kids
  + GoNoodle’s YouTube channel features silly videos that kids love to move along with. Whether they're dancing along to songs from Trolls or doing an actual workout like their Fresh Start Fitness Collection, GoNoodle videos will keep your kids active. <https://www.youtube.com/user/GoNoodleGames>
  + KiDZ BOP Dance Along videos are the best way to incorporate music + movement into your daily routine. Kids can sing, dance and burn off extra energy to kid-friendly versions of popular songs following along with the dance moves of the KiDZ Bop kids.  <https://www.youtube.com/kidzbop>
  + Mommy Poppins 25 Exercise Games and Indoor Activities to Get Kids Moving <https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>