



Exercise Resources

The physical body needs movement. Exercise has a positive impact on mood and emotional well-being. During this time of sheltering in place, take advantage of spring weather coming and get outdoors for fresh air, movement and sunshine (the medicine of nature).

Tips for Exercise During Covid-19:

- **Try to get some physical exercise every day:** Even if it's just a few minutes, the body craves movement!
- **Be mindful of goal setting:** Are we shooting for general health, or a marathon? Is the COVID crisis the ideal time to start your new exercise regime, or are you just trying to stay sane? This will dictate your practice.
- **Include the whole family:** It can be difficult for children to understand why exercising on purpose matters, especially if they are naturally active in their play. Seeing the whole family participate can hammer the point home and be a great time!
- **Include music:** A great playlist can be just the ticket for a wonderful workout, especially if the workout is a dance party! The brain likes moving to rhythms.
- **Be liberal with praise** for yourself and your family. You deserve a pat on the back for staying active during a stressful time, and so does everyone else!

Vermont Based Resources

Vermont-based online Zumba: Dillon Reuben is leading weekend Zumba classes via Zoom for the duration of the COVID crisis. *Note: if cost is a barrier send a message to alicia@hammerfit.com. There will be some free spots reserved in each class. <https://www.facebook.com/events/196393458469986/>

Additional Resources

Adidas is offering 90 free days of their running app Runtastic for those that want to track their runs and get tricks and tips from top professionals.

<https://www.runtastic.com/>

Hy-Vee is offering free daily exercise for kids based on age and ability during the COVID crisis. Their 5-week challenge is one of the most popular kids exercise programs.

<https://hy-veekidsfit.com/>

Nike Training Club App is offering free memberships due to COVID. This app has tons of workouts for people of different abilities. It is focused on adults but good for the whole family.

<https://www.nike.com/ntc-app>

Pop Sugar Fitness YT is a Youtube page that offers a variety of workouts for everyone, including my personal favorites, the “Hip Hop Tabata HIIT” training.

<https://www.youtube.com/user/popsugartvfit>

Staying Active At Home: The Psychological Benefits Of Movement - A podcast on how people are staying active at home and the psychological benefits of movement.

<https://www.npr.org/podcasts/510053/on-point>