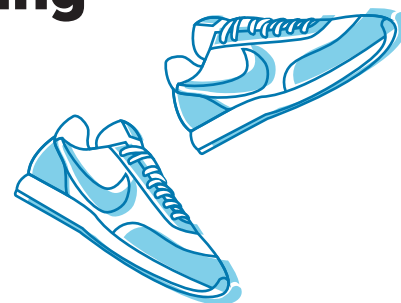


# Leisure Resources for Staying Resilient During the COVID-19 Pandemic - For VCH Staff

## Staying Fit While Socially Distancing

— part 3 of a 9 part series for staying resilient



### CBC Life ([website](#))

An article highlighting some great free website/app options for at-home fitness.

### Down Dog Yoga ([website](#), [iOS](#) and [Android](#))

Until July 1st, healthcare workers can access more than 60,000 HIIT, barre, 7-minute workouts and yoga, including beginner and prenatal classes all for free!

### Do Yoga with Me ([app](#))

Free classes, meditations, programs and yoga challenges with the ability to sort by difficulty, class length, style and teacher.

### Yoga with Adriene ([YouTube](#))

Free yoga videos for all levels, genders, bodies and souls.

### Nike Training Club ([website](#), [iOS](#) and [Android](#))

Usually a paid app, NTC is currently free until further notice and offers a variety of classes for yoga, cardio, HIIT, strength training and running.

### Body Bible Fitness ([website](#))

Body Bible promotes their free workouts as a fun way for individuals or groups to work out, including completing daily challenges and winning prizes.

### YMCA ([website](#))

Offers a variety of video fitness programs for children to active older adults including bootcamp, spin, barre, tai chi and weightlifting.

### **FREE online resources to support your health and wellness**

Created by the recreation therapy (RecT) staff at VGH



We Care for Everyone

**Your well-being matters!**

To access more leisure resources,

please visit the [COVID-19 staff supports wellness page](#).