

STAY AT HOME WELLNESS RESOURCE GUIDE



During this unprecedented time, we've prepared a resource guide to help keep you motivated and on-track toward your healthy lifestyle goals. Whether it's free workouts or meal planning, resources to keep you tobacco-free or ways to navigate homeschooling while working from home, we hope you find this guide useful.

** The programs and resources in this guide do not serve as endorsements for any company listed.*

MOVEMENT

Orangetheory

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. Click [HERE](#) to visit their YouTube page.

Peloton

For the next 90 days, Peloton is offering its app to new users for free. Even if you don't have the bike, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started. Click [HERE](#)

Gold's Gym

Gold's Gym is offering a variety of digital workouts for free through the end of May. Click [HERE](#) or download the app on your mobile device.

Planet Fitness

Planet Fitness is live streaming "Work-Ins" at 7pm ET every day on Facebook. The company will have trainers, and occasionally surprise celebrity guests, will lead the 20-minute workouts, which are free for everyone. Click [HERE](#) or download their app on your mobile device.

Crunch Fitness

Crunch Fitness' online workout class portal, Crunch Live, is now free for 45 days, even for non-members. The app has over 100 workouts including dance, yoga, pilates, barre, kickboxing and more. Click [HERE](#).

MoveAbout	The MoveAbout program provided by Optima Health is designed to assist you in your journey to become more active and stay healthy. Click HERE .
Yoga and Meditation	Optima Health offers a library of videos to help viewers strengthen their bodies, relax mentally and physically manage stress reactions. Videos include chair and heart healthy yoga, tai chi and guided meditation. To access, click HERE .
Life Time Fitness	Life Time recently announced “Classes on Demand”, a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more. To access, click HERE .
YMCA	The YMCA launched on-demand exercise and youth programs called YMCA 360, including barre, boot camp, yoga and more “to support the health and well-being of everyone staying home.” All of the exercises courses are free for a limited time, regardless of Y membership. Click HERE .
CorePower Yoga	CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. Click HERE .
Blink Fitness	Blink Fitness is hosting Facebook Live sessions weekdays at 8 a.m. ET. The fitness chain will host virtual workouts, give tips to stay motivated and answer fitness questions from the comments. Click HERE .
Sky Ting TV	A New York-based boutique studio offering 24/7 streaming meditation and yoga classes. Classes range in duration from quick yoga sequences to full-length restorative experiences. Free seven-day trial available. Click HERE .
The Class by Taryn Tooney	Requiring no equipment and free for a 14-day trial, these stress-relieving classes incorporate body weight exercise and jumping along with breathing exercises all set to music. Click HERE .
Aaptiv	Whether you own your own cardio equipment or are looking for some creative routine for running or strength training, Aaptiv’s free 7-day trial offer 30 minute cardio focused “classes”. Click HERE .
Nike Run Club	If you’re interested in getting outside, Nike Run Club’s app offers workouts developed by top running coaches regardless of your fitness level. The free app also tracks your distance and pace so you can monitor your progress. Access it HERE .
DanceBody	These danced-inspired cardio workouts will get your heart pumping and boosting your mood. New workouts are released every day and is available for free for a 7-day trial. Click HERE .
Barre3	Do you love strength training, cardio, stretching and mindfulness? Great for small spaces and no equipment, Barre3 workouts are available to stream online and are free for 15 days. Click HERE .
The Bar Method Online	Barre classes suitable for any fitness level and any length of time for 14 days. Click HERE .

Sweat by Kayla	An Instagram favorite, her app workouts are easy-to-follow, require no equipment and are less than 30 minutes. Free 7-day trial. Click HERE .
Centr Fit	Pack with challenging high-intensity interval training, boxing and strength workouts, active Chris Hemsworth's app is easy to do right in your own living room and is free for 7 days. Click HERE .
Obe Fitness	This fitness app and website offers over 4,000 workouts and even offers kid-friendly classes set to Kidz Bop music. Free trial available HERE .
Daily Burn	Free for 30 days, Daily Burn brings you thousands of recorded workouts plus an online community to keep you engaged and accountable. Click HERE .

ADDITIONAL RESOURCES:

Keep free fitness app	ClassPass free fitness app	Exercise at Your Desk	WebMD Portal coaching, videos, recipes & more
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Optima Health insured only

Some tips for at-home fitness success:

- Dedicate a space for your workouts, even if it's just a corner of a room—with all your equipment at the ready.
- Strive for a balance of strength, cardio, and stretching. Alternate cardio and strength workouts.
- Schedule at-home workouts just as you would classes at the gym. Put them on your calendar and hold yourself accountable.
- Use social media as a stand-in for gym buddies. By posting about your workouts, you're sort of accountable for doing them!
- When you don't feel like doing anything, tell yourself you'll do an easy video or half of a workout. You'll likely end up doing the whole thing.
- Wear workout clothes that inspire you. Even if no one sees you, you owe it to yourself to feel good in what you're wearing.

Prepared by our partners at WebMD Health Services



NUTRITION

Quarantine Grocery Lists

Learn what 3 registered dietitians recommend purchasing for healthy, flavorful meals during coronavirus quarantine. Click [HERE](#).

Quarantine grocery list recommended by nutritionists. Click [HERE](#).

Coronavirus Kitchen: What to stock, cook if you face a 14 day quarantine. Click [HERE](#).

How to make a healthy grocery shopping list. Click [HERE](#).

Stress & Emotional Eating

Are you stress eating while working from home? Here's how to break the habit. Click [HERE](#).

Stress eating these days? Here's some help. Click [HERE](#).

Tips to Manage Stress Eating. Click [HERE](#).

Emotional Eating: What You Should Know. Click [HERE](#).

Emotional Eating: How to Cope. Click [HERE](#). (username: sentara)

13 Ways to prevent stress eating when you're stuck at home. Click [HERE](#).

ADDITIONAL RESOURCES:

WebMD Health Services Portal

Optima insured employees have access to health trackers to track your stress, dietary habits and exercise. Access your [portal](#) then visit the resources page at the top right of your screen.

HEALTHY EATING AND MEAL PLANNING APPS:

Healthy Eating Meal Plan

eMeals

Fooducate

MyFitnessPal

Choose MyPlate

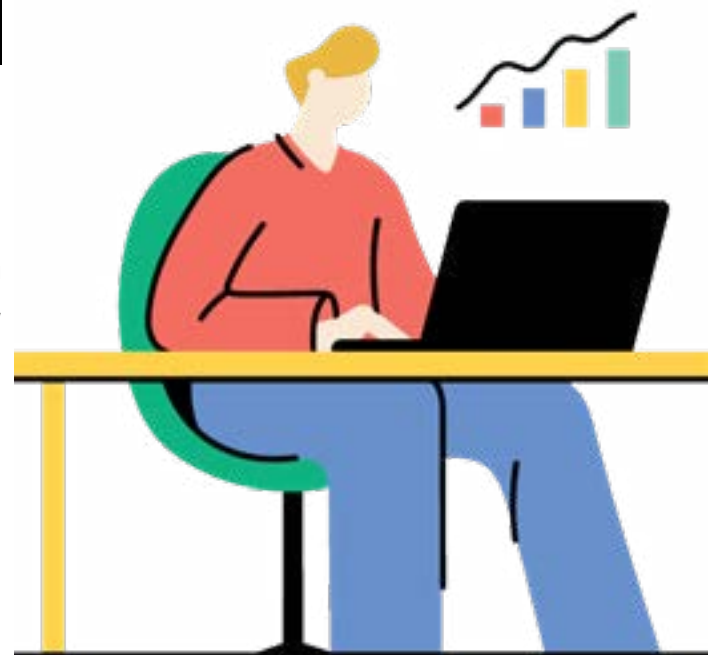
Calorie King

EXTRA SUPPORT:

Eating for Life was designed by a registered dietitian nutritionist to give you knowledge and skills to eat the right amount and right variety of foods to promote good health.

Healthy Habits Healthy You is a diabetes and heart disease prevention program. Learn how to take steps to prevent diabetes and heart disease by making healthy food choices, losing a small amount of weight and moving more every day.

ACCESS BOTH [HERE](#)



TOBACCO

PIVOT

Pivot's mobile app is the digital component of Pivot's evidence-based, comprehensive quit program. In the app, users participate in lessons based in cognitive behavioral therapy, engage in practice quits, build motivation to reduce or quit, learn how to deal with stress and anxiety associated with the urge to smoke, and are guided in a reduction or quit plan. Users can also participate in the Pivot Community, a place to tap into the group's collective wisdom and share experiences with smoking and quitting.

To get started, visit <https://account.pivot.co/pivot4all> to register for this free app. Follow Pivot on Twitter, Facebook and LinkedIn to join the #Pivot4All movement and for updates on how to support people who smoke during COVID-19.

PLUS! Quitting Smoking: Help for Cravings and Tough Situations.
Click [HERE](#)

ADDITIONAL RESOURCE:

At home program: Visit www.optimahealth.com/mylifemyplan to view our self-paced program called: "Get Off Your Butt: Stay Smokeless For Life".

OptimaHealth 

SLEEP

American Academy of Sleep Medicine

Sleep tips during isolation: Supporting the body clock. Click [HERE](#).

National Sleep Foundation

Sleep Guidelines During the COVID-19 Pandemic. Click [HERE](#).

Virgin Pulse

Why a Good Night's Sleep is so Important Now, More Than Ever. Click [HERE](#).
See more in the Virgin Pulse [Work from Home Playbook](#)

Healthy Habits Healthy You

Learn more about how sleep affects your health and tips for better sleep. Click [HERE](#).

HOMESCHOOL

cNet

Parents share home schooling survival tips on Twitter amid coronavirus lockdown. Click [HERE](#).

NYU Langone Health

School's Out: A Parents' Guide for Meeting the Challenge During the COVID-19 Pandemic. Click [HERE](#).

SEL Labs

SEL in An Unplanned Home School Setting. Click [HERE](#).

Good Housekeeping

I Homeschool My Kids and Also Work From Home – Here's How I Do It. Click [HERE](#).

