

Stay Strong and Well During COVID-19



WEST VIRGINIA DIVISION OF HEALTH PROMOTION AND CHRONIC DISEASE

Advocating for Chronic Disease Management and Prevention

Online Classes:

- [High Fitness](#): Think Old School Aerobics made Modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun.
- [REFIT](#): Enjoy a month for free with code MONTH4FREE. A workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout.
- [YMCA](#)- You can take group exercise classes for all ages right in your own home at no charge for a limited time! Yoga, Barre, Bootcamp, Tai Chi, Weightlifting, Kick boxing, Active Older Adults, Kid's activities, Kid's yoga, cycling, and youth soccer. Several classes to choose from.
- [Les Mills](#)- Cardio, High Intensity Interval Training, Body combat.
- [World Federation of the Sporting Goods Industry](#) (WFGSI) Collection of Physical Activity Resources: Nike, Adidas, and New Balance.

Yoga: [Cosmic Kid's Yoga](#), [Yoga with Adriene](#)

[Ram Fitness Stretching Guide](#)- Stretching and flexibility routines simplified. Get up from your workspace or couch and check these stretches out to stay limber and move more.

Active Southern West Virginia Resources: Support local!

- [Regional Fun Run](#) (walk/run 5k and Kids 1-mile dash).
- [Kids Run Club](#) (6-week virtual program).
- [Active SWV Resource Library](#) to stay active from home.

Apps to keep you Moving!

- [Peloton](#) Free 90-day trial, strength workout, yoga, meditation, walking, running and stretching videos available.
- [Nike Training Club](#)-Training from yoga, bodyweight-only sessions for all fitness levels, plus nutrition tips and mindfulness practices.
- [Adidas Training by Runtastic](#)-90-day Free membership.
- [Down Dog yoga app](#)-Highest rated yoga app on Android and iOS, Free until May (Healthcare providers, students and teachers until July).

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