

Resources to Help You Get Active



Resource	Descriptions
General Information	
<u>Physical Activity Guidelines for Americans</u>	<ul style="list-style-type: none"> • Comprehensive guide to physical activity
Move your way: <u>Interactive Activity Planner</u>	<ul style="list-style-type: none"> • Develop a plan • Indoor, outdoor, and family exercise ideas
<u>Body Weight Exercises – University Hospital</u>	<ul style="list-style-type: none"> • Basic at home, body weight exercises with quick descriptions
<u>Active People, Health Nation - CDC</u>	<ul style="list-style-type: none"> • Campaign CDC - getting active
<u>Building Healthy Inclusive Communities - NCHPAD</u>	<ul style="list-style-type: none"> • Inclusive workouts/limited mobility
Solano County Community Resources	
Greater Vallejo Recreation District: <ul style="list-style-type: none"> • <u>GVRD - 30 Day Fitness Challenge</u> • <u>GVRD - Virtual Rec</u> • <u>Swimming – Cunningham Pool</u> 	<ul style="list-style-type: none"> • 30-day challenge calendar and description (bodyweight) • Compilation of videos: wellness, exercise, family fun, etc.
<u>Vibe Solano</u>	<ul style="list-style-type: none"> • Local parks section, walking groups, local gyms, top 10 bike rides, top ten walks/hikes in Solano County
<u>KROC Center</u>	<ul style="list-style-type: none"> • Online resources and outside workout opportunities
Online Resources - YouTube	
<u>Yoga on YouTube</u> <u>CorePower Yoga YouTube</u> <u>Tara Stiles Yoga</u> <u>Yoga with Adriene</u> <u>Yoga with Kassandra</u> <u>Dianne Bondy Yoga</u>	<ul style="list-style-type: none"> • Low impact modifications • Yoga for weight loss • Yoga for pain management • Yoga in small spaces • Beginner to advance • Guided breathing and meditations • Monthly calendars
<u>Exercise Channels and YouTube</u> <u>Fitness Blender</u> <u>Body Project</u> <u>PopSugar Fitness</u> <u>Heather Robertson</u> <u>Fit 7 Eleven</u> <u>Chair Workouts</u> <u>Kym Perfetto – Limited Mobility</u> <u>HASFit</u> <u>Puzzle Fit</u> <u>Blogilates</u> <u>Jessica Smith TV</u> <u>Chloe Ting</u> <u>Pamela Reif</u>	<ul style="list-style-type: none"> • 100s of workouts for all levels • Bodyweight (no equipment) workout • Low impact modification • Activities for everyone • Workout plans and monthly calendars • Dance routines • Older Adult routines • Limited mobility

Resources to Help You Get Active



Resources - Website/Apps	
<u>Exercise Apps or Websites</u> <ul style="list-style-type: none">• ToneitUp• NikeTraing Center• FitOn• 7 Minute Workout• LesMills (Free for 14 days)• Peloton (free trials for app workouts)• Running USA• Adidas Running App• Nike Wellness• YMCA360	<ul style="list-style-type: none">• A wide variety of exercise routines• Some require sign up• Most are free or have a free trial• Variety of level options

Contact: Maya Ramsey, MPH – maya.ramsey2@tu.edu

Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



Resources to Help You Get Active

ZOOM INTO WELLNESS

Tips to stay active at home during #COVID19 outbreak



Walk up and down the stairs



Do some stretching exercises



Dance to music for a few minutes



Seek more ideas & resources online