



No Cost Health and Fitness Activities That Can Be Done at Home

Please note that some of these resources are for a limited time only, with possible further extension by the vendor beyond the listed expiration date.

Wellness Resource	Program features
Virtual Fitness (by Wellbeats) <i>Complimentary access through at least April 30, 2020</i>	<ul style="list-style-type: none"> • 500+ high quality, 1- to 60-minute videos • 30 channels, no equipment options, for every age, interest and ability • Recommendation engine used to personalize and serve up content • Goal-based challenges and fitness assessments • Highly certified, relatable instructors • Track progress and results • Click here for free access
GOLD'S AMP™ (by Gold's Gym) <i>Complimentary access through at least May 31, 2020</i>	<ul style="list-style-type: none"> • Offers over 600+ audio/video workouts and hundreds of DJ mixes • Free offer not available to current Gold's Gym members • Click here for free access
On-Demand Yoga (by CorePower) <i>Complimentary access through at least April 30, 2020</i>	<ul style="list-style-type: none"> • Online yoga videos • Note: Viewing works best in the Chrome browser • Click here for free access
UCLA Mindful App (by UCLA Health)	<ul style="list-style-type: none"> • Wellness meditations for people with health conditions • Informative videos on meditation and mindfulness • Weekly 30-minute meditation podcasts on different themes • Click here for free access
Insight Timer (by Insight Network, Inc.)	<ul style="list-style-type: none"> • Over 30,000 guided meditations, music and talks posted by contributing experts • Click here for free access
Stay Healthy Tips and Recipes (by WW)	<ul style="list-style-type: none"> • Simple tips, tricks, activities, and recipes to stay healthy • Click here for free access
Healthy at Home (by Asset Health)	<ul style="list-style-type: none"> • Click here for COVID-19 health and safety tips



A Keenan Solution

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