

Stay Healthy. Stay Home.

Our COVID-19 Isolation Resource List

These days it seems like everyone has THE recommendation for how to stay fit, healthy, and sane while self-isolating. Instead of sifting through your ever-growing pile of emails, texts, and social-media posts for the best tips and resources, we've compiled them all in one place for you...

FOR STAYING INFORMED



Test your COVID-19 knowledge by taking a quiz from our friends at Quizzify:

- [Check your COVID-19 knowledge](#)
- [Find the best ways to prevent spreading or catching the virus](#)

Visit reputable government sites to receive the most up-to-date information:

- [Center for Disease Control \(CDC\)](#)
- [World Health Organization \(WHO\)](#)

FOR STAYING ACTIVE



Cardio & Strength Workouts

- [Fitness Blender](#): Free cardio, strength and stretch workout videos
- [Beachbody](#): Online classes with a 14-day free trial
- [ObéFitness](#): Live fitness classes with a 30-day free trial (use code ATHOME)
- [CrossFit](#): Free at-home workout videos, including single exercises and drills
- [The Sculpt Society](#): Online cardio and sculpting workouts with a 14-day free trial
- [NEOU](#): Various live, on-demand workouts with a 30-day free trial.
- [P.volve](#): Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)
- [Fhitting Room](#): On demand HIIT and strength workouts with a 30-day free trial

Yoga

- [YogaWorks](#): Online yoga classes with a 14-day free trial
- [Down Dog App](#): Free yoga, HIIT and barre classes until May 1, 2020
- [SkyTing](#): Online yoga classes with a free 7-day trial

Barre

- [The Bar Method](#): Online barre classes with a 14-day free trial, plus some free workouts via Instagram
- [Physique 57](#): Online barre classes with a 7-day free trial
- [Barre3](#): Online barre classes with a 15-day free trial

Pilates

- [Blogilates](#): Free workout videos, challenges and plans
- [Pilates Anytime](#): Access to over 3,000 Pilates classes with 15-day free trial.

FOR STAYING STIMULATED



- The Metropolitan Opera is streaming for [free](#)
- Artists are offering free online concerts. Take a break and get your groove on [here!](#)
- 12 Museums are offering virtual tours - click on each museum to take a look:
 - [British Museum, London](#)
 - [National Gallery of Art, Washington, D.C.](#)
 - [Pergamon Museum, Berlin](#)
 - [Rijksmuseum, Amsterdam](#)
 - [The J. Paul Getty Museum, Los Angeles](#)
 - [MASP, São Paulo](#)
 - [Guggenheim Museum, New York](#)
 - [Musée d'Orsay, Paris](#)
 - [National Museum of Modern and Contemporary Art, Seoul](#)
 - [Van Gogh Museum, Amsterdam](#)
 - [Uffizi Gallery, Florence](#)
 - [National Museum of Anthropology, Mexico City](#)
- Bring the outdoors in by touring our National Parks [here](#)
- Explore the Monterey Bay Aquarium by watching [live cams](#)
- The San Diego Zoo has live cameras available [here](#)

FOR STAYING UNSTRESSED (AND MENTALLY STRONG)



- We've teamed up with our partners at Healbright to add the following course to the Sonic Boom Academy: [Healbright - Mental Wellness Under Quarantine](#). This new course is also FREE to the public through April 30, 2020 – so feel free to share it with your friends/family [here!](#)
- [National Alliance on Mental Health](#)
- National Suicide Prevention Lifeline : 1-800-273-8255
- Crisis Text Line: Text "hello" to "741741" to be connected to a Crisis Counselor

FOR STAYING PRESENT (AND WELL-RESTED)



- **Headspace.** The free version of the app includes meditations and exercises that will teach you the essentials of meditation and mindfulness. Available for download on [Android](#) and [iOS](#).
- **Calm** is the perfect meditation app for beginners but also includes programs for more advanced users. Available for download on [Android](#) and [iOS](#)

FOR STAYING CONNECTED (AS ALWAYS!) >> app.sbwell.com