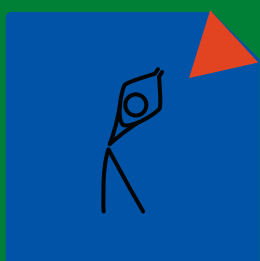


# PHYSICAL HEALTH TIPS

There are many alternative ways to keep active and healthy during this time, both physically and mentally. Below are some of the many resources that bring fitness and mindfulness right to you. Check them out, see what works best for you and start your new wellness routine.

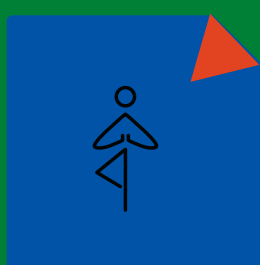
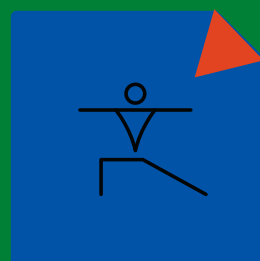


## Walking/Hiking

Find parks, trails, quiet neighborhoods to explore: [Middletown Trail Guide](#), [Traillink](#)

## Running

[Couch to 5K](#), a training program to build towards running a 5K (3.1 miles)



## Apps

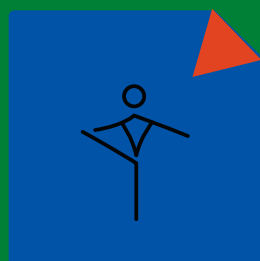
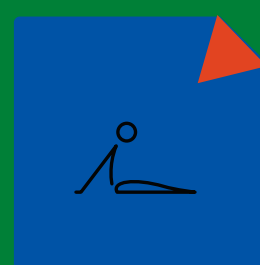
[DownDog](#): Yoga, HIIT, Barre, free through July 1 (use your Wesleyan email)

[Nike Training Club](#): premium section is free

[Peloton](#): free 90 day trial (not just a stationary bike) strength, bootcamp, yoga, and stretching (live and prerecorded)

## Fitness Workouts

High-Intensity Interval Training/Tabata: [Group HIIT](#)  
[Planet Fitness Daily Livestreaming](#)



## Dance/Cultural Workouts

[BollyX](#): The Bollywood workout

[Pow wow Sweat](#): The StyleHorse Collective

[Zumba](#)

[Strong by Zumba](#)

## Specialized Workouts

Deaf/Hard of Hearing: [Jennie Lenny](#), Deaf Health and Fitness in ASL

Visually Impaired/Blind: [Blind Alive](#)

For children: [P.E. with Joe](#)

