

APRIL 29, 2020

Be a Fitness Hero!

This is an excellent time to become a fitness hero—or at least not atrophy during these stay-at-home weeks. Listed below are free sites to workout. Here's how to get moving while waiting for the pandemic to pass.

#1. Fitness Blender

Daniel and Kelli are the husband and wife team behind [Fitness Blender](#), a site that offers a huge selection of full-length video workouts of all different types. Here you will find fat-burning workouts, kickboxing routines, total body strength training, workouts for boosting metabolism.

#2. Sweaty Betty

This resource offers wonderful online fitness classes that everybody can easily do at home. [Sweaty Betty](#) provides yoga workouts, HIIT routines, and many other types for you to try. No matter whether you have experience doing fitness classes or are a complete beginner, Sweaty Betty has something that will get you working at an appropriate level.

#3. Make Your Body Work

I'm a professional weight loss coach and was chosen as "Canada's Top Fitness Professional." Each of my workouts found at [makeyourbodywork.com](#) will challenge your entire body and will include elements of cardio, strength, and core conditioning. The uniqueness of these workouts are the "difficulty levels" that provide up to four distinct options for every single move. This makes each workout very accessible for newbies, yet challenging for super-fit users.

#4. Jessica Smith TV

[Jessica Smith TV](#) shares a unique collection of videos with 7-minute, 10-minute and 30-minute workouts. She offers a really great variety of workout styles—some focus on fat burning, others on cardio conditioning, workouts for beginners, kickboxing workouts and more. Jessica is an energetic instructor that will motivate you to join her.

#5. Do Yoga with Me

[Do Yoga with Me](#) classes are filmed outdoors in beautiful British Columbia, Canada. The level of instruction is top-notch and there are videos that focus on pretty much every part of the body (e.g. hips, hamstrings, back, etc.), so you can target the area that you need to work on most.

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dcchr@dcc.edu