

Working out is a healthy way to lower anxiety during COVID-19.

## FITNESS RESOURCES

FREE instructional workout videos that can be completed without gym equipment.

### MADFIT

Has more than 160 instructional videos, so there's plenty of workouts to keep you busy all month.

### HASFIT

MMA Workouts at home is a series of mixed martial art training videos if punching and kicking your way to fitness is more your style. The videos include a calorie counter and are mostly without the use of equipment.

### WORKOUT FOR FAMILIES

Packed with challenging follow-along workout videos for people of all ages, but especially kids. While you're working on your fitness goals, it's a great chance to bond with your children.

### CROSSFIT AT HOME

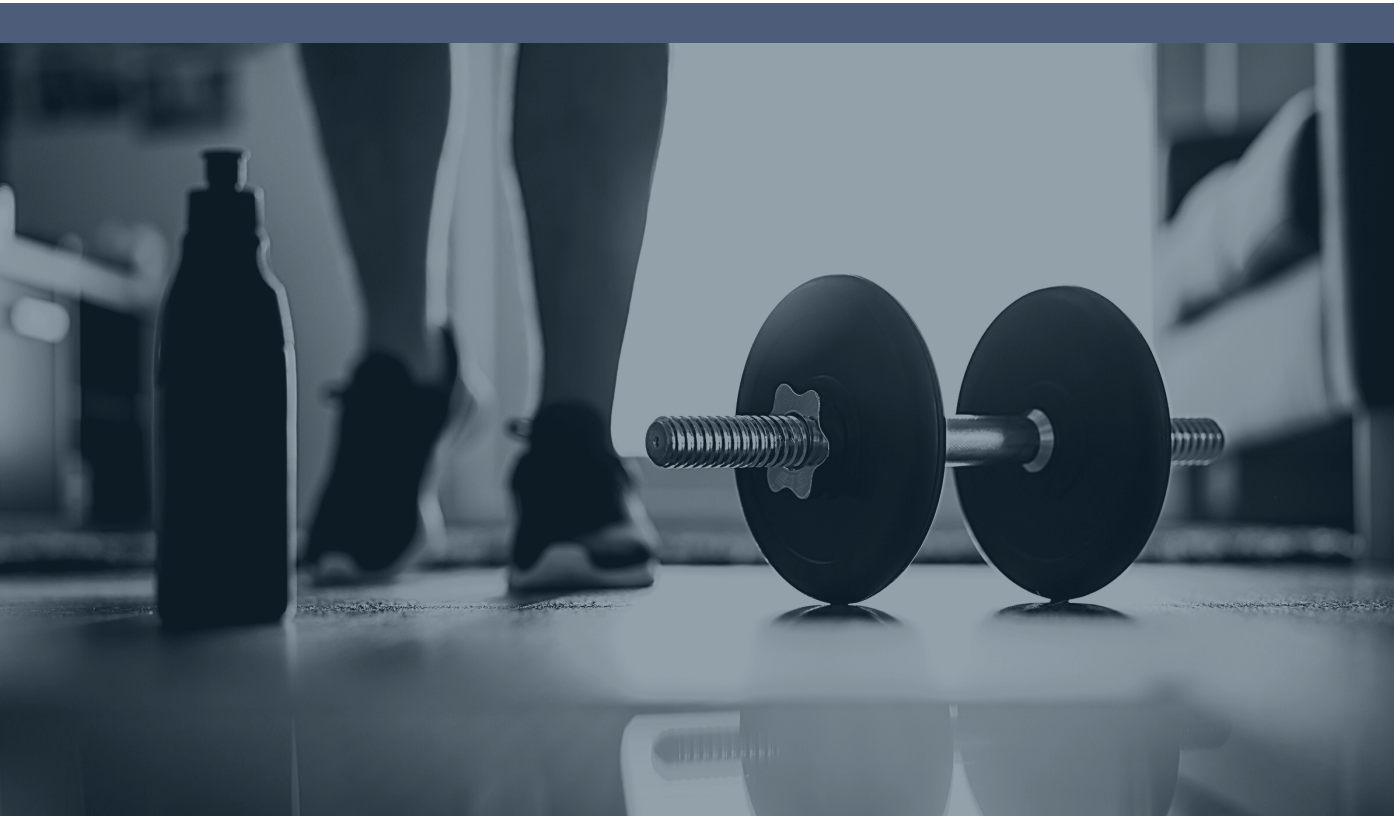
A collection of super short videos demonstrating single workout movements that are great for seniors or those with certain physical limitations.

### FITNESS BLENDER

No equipment workouts is for the person who REALLY wants to sweat it out during their downtime at home. These workouts are high intensity with some ranging from 10 to 45 minutes.

### YOGA

Beginner and relaxing Yoga classes reminds us that workout sessions can be calm and challenging.



**El Centro de Corazón**  
*Quality Health Care*