



**KEEPING CONNECTED  
WHILE STAYING APART**



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

# Stay Fit for Free with the YMCA's Online Exercise Classes!

**Area of community participation:** Leisure, parenting, and social inclusion

**Description of activity:** Are you struggling to stay active while physically distancing, missing your gym and workout classes, or trying to find a way to keep your kids active and healthy? The YMCA is currently offering over 60 free on-demand health and fitness videos, so you can stay active in your own home. With videos for active older adults, youths, yoga enthusiasts, and more, there are options for individuals and families of all ages to participate in a healthy activity! Try a video from the comfort of your home, and remember that just because you're physically distant, doesn't mean you have to be physically inactive!

**Resources and Materials needed:**

- Some (but not all!) videos will require basic workout equipment for working out
- Computer, tablet, or smartphone with internet connection
- Space to work out in

**Potential Benefits:**

**Leisure** - Exercise is a great way to help your mental health and boost your mood. Try different kinds of exercise to see what works for you - you never know, you may end up developing a new hobby!

**Parenting** - With so many kids home from school right now, many parents are looking for fun ways to help them burn off energy indoors. Do a workout class as a family as a fun, active way to bond and keep the whole family moving!

**Social Inclusion** - Working out with those you love can help motivate you and strengthen relationships. Ask a friend or family member to join you in a workout. If you're living alone, try to Facetime, Skype, or Facebook video call a friend, and do it together remotely!

Link: <https://ymca360.org/on-demand#/>

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