

**Free Recipe and Nutrition Resources**

**American Heart Association:** View heart healthy recipes that are as nutritious as they are delicious! **Visit recipes.heart.org to get started.**

**Fruits and Veggies for Better Health:** A wide variety of recipes that incorporate fruits and/or vegetables. **Visit fruitsandveggies.org/recipes.**

**Whole Grains Council:** Learn how to incorporate more delicious and filling whole grains. **Visit wholegrainscouncil.org/recipes.**

**Eating Well:** Choose from a variety of recipes and search by meal or recipe type including “heart healthy,” “high fiber,” and more. **Get started at eatingwell.com.**

**Skinny Taste:** Search recipes by topic. Weekly meal plans and grocery lists are also available. **Get started at Skinnytaste.com.**

**Fooducate:** Search and analyze your favorite foods to receive a letter grade for the overall healthfulness based on a variety of factors including added sugars. **Get started on the website or mobile app.**

**Others:** MyFitnessPal, HealthyOut

**Free Home Fitness Resources**

**YMCA of the USA (YMCA360):** Free workout videos for anyone! Categories include yoga, bootcamp, active older adults and Barre.

**Visit ymca360.org to get started.**

**Gold’s Gym AMP:** Over 600 free audio and video workouts available to both members and   
non-members until May 31.

**Visit goldsamp.com/promo and enter the code FIT60 to get started.**

**Fitness Blender:** Offers hundreds of free, full-length videos and workout plans along with other helpful fitness information. **Visit Fitnessblender.com/videos to get started.**

**Darebee:** An independent fitness resource offering a wide variety of free workouts and resources for any level of fitness. **Visit Darebee.com to get started.**

**GoNoodle:** Features free children’s movement and mindfulness games and videoscreated by child development experts. **Visit gonoodle.com to get started.**

**JEFIT\*:** A fitness program database available online or through the mobile application (“app”). Fitness programs can be searched by beginner, intermediate, or advanced. **Get started at jefit.com or on the Jefit mobile app.**

***\*****Some features are free while others require paid subscription*

**Associated Bank Total Well-being Team**



**Mindfulness and Stress   
Management Resources**

**Corewpower Yoga** - free classes on demand right now

**YogaWorks** - live stream yoga classes

**Calm\*:** A mobile app designed to assist with happiness, fulfilment and joy. Experience guided meditation and stretches along with other resources. **Search for “Calm” in the app store.**

**Headspace\*:** A mobile app focusing on mindfulness and meditation.Track progress and invite friends for accountability and motivation. **Search for “Headspace” in the app store.**

**Mindful:** A website decided to inspiring, guiding, and connecting those who want to explore mindfulness. Resources include meditation courses and more. **Get started at mindful.org.**

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**Kids Resources**

**Online Exercise and Songs**

* GoNoodle
* Cosmic Kids Yoga
* PBS Kids
* Koo Koo Kangaroo Dance Videos

**Learning**

* ABC Mouse
* PBS Kids
* Ranger Rick
* Read Write Think

**Check local museums, schools, and other Facebook pages for virtual learning and fun.**

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**Staying Connected**

* Call loved ones in nursing homes and care facilities.
* Write a card and post it in the mail.
* Have a virtual meet up with friends and family via video chat.
* Get outside and explore Mother Nature.
* Play board or card games virtually or with those in your home.
* Write sidewalk chalk messages to neighbors.

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