We need to keep MOVING forward. Apps, sites, and stuff to help you stay active and healthy.

**To Help with your Fitness Logs--someone trains YOU!**

* + <https://www.lesmills.com/ondemand/>  (free for a period of time--easy to set up and easy to cancel, over 800 workouts)
  + <https://www.beachbody.com/product/fitness_programs/on-demand-workout-videos.do> (free for a period of time)
  + <https://www.fitnessblender.com> (this is absolutely free!!!!!)
  + <https://www.youtube.com/channel/UCo0Pbk8bCutBN-Yf_404Kvw> (this is for those of you that have a spin bike)
  + <https://www.youtube.com/user/popsugartvfit> (really fun workouts, great variety & free)
  + <https://www.youtube.com/channel/UCiH0P3McaOwX4gf7x3b3oTw> (she is such an awesome instructor--Zumba, fitness drumming,
  + <https://www.youtube.com/user/yogawithadriene> (Yoga with Adrienne!!!!)
  + Also--check your cable provider. We have Comcast and get some free and also not free exercise and training sessions
  + Darebee Workouts: [www.Darebee.com](http://www.darebee.com)
  + HasFit: [https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUCXIJ2-RSIGn53HA-x9RDevA&data=02%7C01%7CMJensen%40everettsd.org%7C56242fa225d346f1119b08d7cb700945%7Ca6158ef04f854b0da599925097f77b3d%7C0%7C0%7C637201554360516141&sdata=H9vXC0YN9n4ocJUSnBc%2BdkHDdMX4n1yrZcAk7ehouUU%3D&reserved=0)
  + Peclogit.org – Walk around the United States
  + Peclogit.org/kidsquiz.asp
  + Kidshealth.org

**If you would like to use an App to work out for your Fitness Logs:**

|  |  |
| --- | --- |
|  | <https://www.nike.com/ntc-app> Nike Training Club App- lots of variety and very easy to use (and can use your own music playlist) |
|  | <https://www.yogastudioapp.com> (often have a free trial period) |
|  | <https://apps.apple.com/us/app/trail-run-project/id964349558> |
|  | <https://apps.apple.com/us/app/workout-producer/id1499283151?ign-mpt=uo%3D2>  Create your own workout video to share with family and friends! |

**To Help with your Sleep, Nutrition and Hydration Behavior Logs:**

Sleep: [https://kidshealth.org/en/teens/how-much-sleep.html?WT.ac=ctg#catwellbeing](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkidshealth.org%2Fen%2Fteens%2Fhow-much-sleep.html%3FWT.ac%3Dctg%23catwellbeing&data=02%7C01%7CMJensen%40everettsd.org%7C56242fa225d346f1119b08d7cb700945%7Ca6158ef04f854b0da599925097f77b3d%7C0%7C0%7C637201554360476157&sdata=7vZk0b8tFmVL0yzpI8C3bsAJciVfvQ1qpI%2BuoTp1ETc%3D&reserved=0)

Nutrition: [https://www.choosemyplate.gov/eathealthy/start-simple-myplate](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.choosemyplate.gov%2Feathealthy%2Fstart-simple-myplate&data=02%7C01%7CMJensen%40everettsd.org%7C56242fa225d346f1119b08d7cb700945%7Ca6158ef04f854b0da599925097f77b3d%7C0%7C0%7C637201554360486150&sdata=jPXZJcB7DxHg%2FKBHM38H88KhUK%2FmpQ2TDXMaF8VlI3I%3D&reserved=0)

Hydration: [https://www.gethealthystayhealthy.com/articles/myths-and-facts-about-hydration](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gethealthystayhealthy.com%2Farticles%2Fmyths-and-facts-about-hydration&data=02%7C01%7CMJensen%40everettsd.org%7C56242fa225d346f1119b08d7cb700945%7Ca6158ef04f854b0da599925097f77b3d%7C0%7C0%7C637201554360486150&sdata=VpCBgz8wvA9DpMJu2JIAIQxkVxAZBXwuIUcuKdXf6x4%3D&reserved=0)