



National Sheriffs' Association Psychological Services Board

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Fitness, Yoga, Mindfulness & Meditation Resources

Planet Fitness Free Workouts

<https://www.facebook.com/planetfitness/>

Orange Theory is offering a free 30-minute workout each day on their website.

<https://www.orangetheory.com/en-us/athome/>

YMCA is offering free fitness videos in a variety of classes (i.e., boot camp, yoga, kids, barre, older adults, weight lifting and much more.

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

Fitness Blender offers hundreds of free workout videos ranging in difficulty, length, and body focus.

<https://www.fitnessblender.com/videos>

Centr Fitness App is being provided by fitness buff Chris Hemsworth. He is offering six weeks of his app for free. It provides workouts you can do at home, covering everything from yoga to boxing and also includes nutrition and stretching.

<https://centr.com/join-us>

Les Mills is offering free video workouts (i.e, step, yoga, body flow, body pump, etc.)

<https://watch.lesmillsdemand.com/at-home-workouts>

Golds Gym is offering free access to its app [GOLD'S AMP](#) until the end of May. The app comes with more than 600 audio and video workouts. To enroll, individuals should head to goldsamp.com/promo and redeem the code FIT60 at check out. The promo code must be activated by April 30 and users will have free GOLD'S AMP access until May 31.

https://www.goldsgym.com/anywhere/?click_referral=home-vid

The Nike Run Club free app offers lots of workouts from top running coaches for all levels. The app also tracks your distance and pace so you can ensure you're getting your steps in while you're cooped up inside.

<https://www.nike.com/nrc-app>

Runtastic has a 90 day free trial of their app. Tracks your mileage and syncs with Apple music to offer high energy playlists.

<https://www.runtastic.com/>



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Smiling Mind is a free comprehensive mindfulness & meditation app. It features hundreds of meditations, which are organized into structured programs like Mindful Foundations (42 sessions), Sleep (6 sessions), Relationships (13 sessions), and Workplace (41 sessions). You have the flexibility to choose where to start and to easily jump between programs. Most meditations are in the 5-15 minute range, with a few practices up to 45 minutes for advanced meditators.

<https://www.smilingmind.com.au/>

Headspace is offering free meditations on its app.

<https://www.headspace.com/covid-19>

Calm is offering free meditations, calm music, resources for kids, mindfulness resources, and a master class.

<https://blog.calm.com/take-a-deep-breath>

Do Yoga With Me is offering a 2-month free membership.

<https://www.doyogawithme.com/>

Down Dog App maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout. Down Dog is making the apps free until May 1. Students and K-12 teachers have free access until July 1.

<https://www.downdogapp.com/>

Stretch & Grow Of The Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines.

https://www.youtube.com/results?sp=mAEB&search_query=stretch+and+grow+of+the+rockies

Core Power Yoga is offering free online classes.

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

Cosmic Kids Yoga offers yoga lessons working on balance and strength on YouTube.

<https://www.youtube.com/user/CosmicKidsYoga>

Asanarebel app has meditation, yoga, fitness, sleep sounds and much more. There is both a free and paid version. When you first login to the app – using Facebook or an email – you'll see a screen that asks you to 'unlock' the premium version, you don't have to do this, just click the exit button at the top of the screen to get to the free version.

<https://asanarebel.com/>

UCLA Health has free meditations (in English & Spanish)

https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1

Mindfulness is offering free mindful and meditation resources, free class on how to meditate, mindful at home series, free class on how to find calm and nourish resilience, ways to reduce stress and more.

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/>
