

Fitness at home

You don't need a gym or sports equipment to stay active in isolation – there are loads of ways to improve your fitness at home. You can learn how to stretch, tone, strengthen and meditate through a range of guided workouts using your phone, tablet, TV or web browser.

Nike Training Club

This free app offers expertly designed workouts to help you reach your fitness goals. Tailored to your ability level, you can try out a range of different exercises, guided by Nike Trainers.

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

Yoga with Adriene

Looking to improve your balance and flexibility? Want to learn some new relaxation methods? From beginners to experts, Adriene has free yoga workouts to suit everybody's needs.

<https://www.youtube.com/yogawithadriene>

This Girl Can

Check out VicHealth's 'This Girl Can' site for heaps of tutorials and ideas for how to stay active at home. This guide will help you to play all your favourite sports, as well as try out some new ways to keep fit, such as Bollywood Dancing, Zumba and Circus Performance!

<https://thisgirlcan.com.au/get-active/>

Reclink Australia

Reclink are bringing their sports & rec coordinators to you virtually! Check out their Facebook page for updates on ways to keep active from home, and participate in their fitness challenges.

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

FitOn – Training App

This free app will allow you to experiment with different types of workouts, such as dance, yoga and HIIT. You can even create custom programs to help you reach your fitness goals.

<https://fitonapp.com/>

Les Mills - Online Fitness Classes

Just because the gyms are closed doesn't mean you have to miss out on your favourite exercise classes. Try them out from home with these free workout videos!

<https://watch.lesmillsondemand.com/free-content>

Couch to 5K (C25K)

If you want to run but don't know where to start, this is the app for you. C25K will build your ability to run 5kms in just two months. All it takes is 30 minutes for three days each week and you'll develop the endurance to run your first 5km.

<http://www.c25kfree.com/>

Don't forget that any form moving is exercising, so embrace cleaning and gardening, and any other physical activity that you can do at home or in the yard!