

Be Active, Be Healthy At Home - Online Resources

Resource	Description	Website
Physical Activity Guidelines	All Ages	https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html
Active for Life	Resources and lesson plans to get kids active.	https://activeforlife.com/resources/
Fit Kids Healthy Kids	Filter your search for activities with equipment you may have on hand, space available, etc.	https://fitkidshealthykids.ca/games-database
Participation	Ideas for the whole family, activity tracking app	https://www.participation.com/en-ca/blog
Winnipeg in motion	Resources for early years, children & youth, adults and older adults	https://www.winnipegimotion.ca/circuit_training_posters.php
Virtual YWCA-YMCA	Free equipment optional workouts	http://www.ywinnipeg.ca/programs/health-fitness/virtual-workouts/
Reh-Fit Centre	Youtube channel with free workouts	https://www.youtube.com/channel/UCZ7EtItGiprep2daKzA8hZA
Wellness Institute	Youtube channel with free workouts & Free Fitness App	https://www.youtube.com/channel/UCDdrl2RNZHyCX5pFjsisAVg https://wellnessinstitute.ca/the-wellness-institute-app/
Sport Manitoba	Instagram live stream workouts	https://www.instagram.com/sportmanitoba/
IERHA	Follow our facebook page! We will continue to share more resources!	https://www.facebook.com/InterlakeEasternRHACommunityWellness/