

Mental Wellness

Insight Timer App - Meditation subscription

Sanvello App - stress, anxiety, depression

Balance App - email access@balanceapp.com for free

Free-for-Now Fitness & Yoga

Down Dog App

Daily Burn App

Nike Training Club App

Orange Theory App

Planet Fitness - Facebook Daily Live Workouts

Gold's AMP App

Peloton App - Not just bike exercises!

Active App

The Optimal Me App - 50+ exercise

24go App

SworKit App

Many gyms and studios are offering free resources to their members. Call or visit their website to find out what they are offering.

FREE WELLNESS RESOURCES FOR YOU AND YOUR FAMILY

For Healthcare Professionals with an NPI

Headspace App

Calm App

Talkspace App

Free through 2020

Online Community Challenges

April - Alcohol Awareness

May - Walking

Register at wellworksforyou.com

Free Stuff for Kids!

Neo Kids - exercise website

PBS Newsletter - activities kids 2-8

Babbel - learn a new language, 3 months free for K-12 and college students

Caribu - Virtual playdates with interactive activities

Time for Kids - Digital Library

SworKit App - exercise

The Body Coach TV on YouTube

"PE with Joe"

PopSugar Fitness on YouTube

Daily Burn App

Share your wellness
resources with
others!

Email us at:

wellness@tfhd.com