

Follow-along fitness videos

Have you gotten a chance to check out MRD's at home fitness videos yet? If you are stuck at home and missing working out with MRD's fitness instructors be sure to go to MRD's YouTube page and view the At Home Fitness Videos Playlist. We currently have over 30 videos ranging from circuit workouts, to Tai Chi, to yoga and we are uploading new content daily. Feel free to watch any uploaded videos any day of the week. Videos are generally between 10 and 20 minutes in length and require minimal equipment or items you have at home. Get in a nice short workout, or watch videos multiple times for a longer workout. Please be aware that the ability to continue releasing videos is subject to change based on technical issues uploading videos remotely and the health and wellness of our instructors and their families. The YouTube playlist can be found using the following link:

https://www.youtube.com/playlist?list=PLaSLAoXxbbFCqKzPEQNHcwg_YdQoAQk1y

Fitness Friday Challenges

Beginning Friday, May 1st MRD will also be uploading a new fitness challenge to our MRD Facebook page each Friday in May. These challenges will be accessible to almost everybody and will focus on natural movements that are commonly neglected in our daily lives. The challenge is intended to give you a different perspective on fitness and movement and to make you more aware of ways that you are limiting your movement quality over time. A winner will be selected from those who participate weekly and prizes will be awarded to those winners. You do not need to complete the challenge to be eligible to win a prize, you just need to participate. Check out the MRD Facebook page for the first challenge that was released on May 1st. You have until Thursday, May 7th to participate!