

# FITNESS FROM HOME



# WHY IS EXERCISE VITAL RIGHT NOW?

- Helps maintain healthy body weight
- Decreases stress
- Increases energy
- Increases endorphins
- Improves mood



# WHERE TO START

- Do what you love, have fun
- Put it on the calendar
- Exercise in increments
- 15 min. workout
- Include the family
- Find an accountability partner
- Stick with it



# SUPPORTING LOCAL FITNESS FACILITIES

Need Accountability? Live Streaming Classes

## Bayou Yoga -

- ✓ Live streaming and on demand
- ✓ Kids options

## Evolve Studio -

- ✓ Live streaming and on demand
- ✓ Wellness consulting and nutrition services



Be sure to check out Facebook and Instagram for their fitness tips and workouts

# SUPPORTING LOCAL FITNESS FACILITIES

Fitness Instructor and Personal Trainer videos:

- **Stone Creek Club and Spa**
- **Franco's Athletic Club**
- **Body Sculpt Barre** - YouTube
- **Pilates Plus**
- **Hotworx YMCA**- options for seniors
- **Orange Theory** - free virtual studio
- **Planet Fitness**



Be sure to check out their websites, Facebook and Instagram for fitness tips and workouts