

Quick Options for Online Activity and Exercise {some are even free!}



Are you getting bored with your exercise options while you're socially distancing?

If you're the type of person who considers movement to be a vital part of your life, you might be finding the current COVID-19 lockdown to be particularly challenging.

Luckily, there is no shortage of online classes to keep things interesting.

Here are some of my favorite ideas for online movement:

- **Is your favorite local studio going online?** Our local studios need us now more than ever. **If you want your local studio to still be there after this pandemic is over, we must continue to support them now.** If your local studio is online, consider taking a class; OR you can buy a gift certificate for later use, or make a donation.
- **Check out some online fitness companies.** So many companies are offering free trials, and I've highlighted many of my favorites that have a body positive and non-diet message. It's the perfect time to try something new!
- Click on the links to go to the websites:
 - **Barre 3** - 15 day free trial
 - **Peloton App** - 90 day free trial
 - **Curvy Yoga** - 50% off first month using code CURVY
 - **The Be.come Project** - 10 day free trial
 - **The Underbelly** - 10 day free trial
 - **Body Positive Yoga** - 14 day free trial (*traditional and chair yoga*)
 - **Pilates Anytime** - 15-day free trial

If you are ready for customized 1:1 intuitive eating support, I offer a complimentary Take Action Call to determine what's your next best step.

Book your call here: <https://calendly.com/kellyabramson>

