

FREE EXERCISE RESOURCES

MOBILE APPS

- **Sworakit** (Android, iOS) has users creating targeted workout routines. Select whether you want to build strength, do yoga, practice cardio, stretch, Pilates or build a custom routine. Sworakit builds you a routine of randomized exercises that fit your exercise goals. Each workout is different, making sure that you stay alert and are never bored by your workout.
- **Map My Fitness** (Android, iOS) logs more than 600 different fitness activities and syncs with more than 400 devices to give users a complete picture of their athletic performance. Users can search for nearby running routes or share their favorite routes. Map My Fitness saves data on pace, distance, and calories burned for GPS-based workouts; you can use this data to set new personal goals. Through the Map My Fitness community, users can join challenges as well as motivate friends.
- **Skimble's Workout Trainer** (Android, iOS) offers users thousands of free workouts complete with timed step-by-step audio and video instructions to help you get into shape. Whether you're looking to sculpt six pack abs or improve your conditioning for that next race, Workout Trainer has a routine just for you. In addition to the built-in workouts, users can access the app's library to build their own custom routines and share them online, as well as try out routines shared by the community.

ONLINE RESOURCES

- **Senior Exercises Online (www.seniorexerciseonline.com)** is a website whose mission to help people over 60 live actively and independently for as long as possible by creating and providing helpful and enjoyable exercises and exercise advice. This website provides videos with step by step instructions for workouts, balance and coordination exercises, strength exercises and flexibility and posture.
- **YogaJP Youtube Channel (www.youtube.com/user/YogaJP/featured):** This channel offers free videos for all ages to practice gentle yoga.
- **Jane Fonda Walking Cardio Workout (https://www.youtube.com/watch?v=_UabUNrjSE4)**
This is a one mile waist-slimming walking workout that is designed to boost metabolism, burn fat, build lean muscle, and stretch the joints. Hollywood Icon and Legendary Fitness Guru, Jane Fonda takes you through this cardio exercise that will boost energy, stimulate the mind, reduce stress, increase circulation, and work the arms, legs, butt, chest, abs, and back.

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COMMUNITY RESOURCES

- **Activelifedc.com** is a website that offers a list of all the free workouts in the District of Columbia and the surrounding community. It offers a wide range of activities from yoga, cycling to group runs.
- **The Fit Crasher** is a blog that discusses classes and studios around the DMV and provides you with a list of free workouts you can join. <http://thefitcrasher.com/free-dc-workouts/>
- **Waterfront Wellness** provides you with exercise options from jogging on the promenade, biking the Jones Falls Trail or enjoying yoga and Zumba with the Inner Harbor, Baltimore as your spectacular backdrop. <http://baltimorewaterfront.com/what-to-do/>
- **Tysons Corner Center Fit Club:** Before shopping, after work or during your travels, stay healthy with Tysons Fit Club. Each week, look for our series of free classes, demonstrations and events that work your body and mind. Tysons Corner Fit Club has classes for all ages and fitness levels.
- **Meetup.com:** Meetup brings people together in thousands of cities to do more of what they want to do in life. It is organized around one simple idea: when we get together and do the things that matter to us, we're at our best. Meetup offers a variety of activities and social events. They have groups for hiking, biking, jogging, marathon training, etc. You can access Meetup via Meetup.com or through their app available on both iOS and Android.

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