



Prevention Research Center

Arnold School of Public Health

Information and Free Resources to Support Physical Activity and Healthy Eating during the Coronavirus (COVID-19) Pandemic

The University of South Carolina Prevention Research Center has gathered resources that we hope will help you cope with the Coronavirus COVID-19 pandemic. We have not tested each of the fitness apps or websites, so please use them at your own discretion and choose activities that are well-suited to your current fitness level.

General Information about the Coronavirus (COVID-19) Pandemic

There are many myths about COVID-19. Make sure you are using credible sources of information. The Centers for Disease Control and Prevention and the World Health Organization both provide comprehensive information about COVID-19, from prevention, to symptoms, to testing, to guidelines for different populations.

- [Centers for Disease Control and Prevention - https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- [The World Health Organization - https://www.who.int/emergencies/diseases/novel-coronavirus-2019](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)

Mental Health and Coping During the Coronavirus (COVID-19) Pandemic

Many people – adults and children alike – are feeling anxious and stressed now. These resources have information for managing stress and anxiety during this challenging time.

- [Centers for Disease Control and Prevention - https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
- [Mental Health America – https://mhanational.org/covid19](https://mhanational.org/covid19)
- [National Alliance on Mental Illness - https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus](https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus)
- [American Psychological Association - https://www.apa.org/practice/programs/dmhi/research-information/pandemics](https://www.apa.org/practice/programs/dmhi/research-information/pandemics)

At-Home Physical Activity & Fitness Resources

Although many gyms and recreation centers are closed, you can still be active at home. Staying active can keep you healthy and relieve stress! Check the websites of your local gyms and fitness studios to see if they are offering live streaming or pre-recorded classes that can be done at home. Many online fitness platforms are also offering free access to classes (often by extending trial periods). If it is allowed in your community, you can also get outside and take a walk (just so long as you follow social distancing guidelines and remain at least 6 feet from others). On the next page there are some free resources that may be helpful:

Activities for Children:

- [Walkabouts Active Lessons](http://info.activedinc.com/covid) - <http://info.activedinc.com/covid>
- [Tips to Get Moving at Home](https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere) - <https://www.heart.org/en/healthy-living/fitness/getting-active/how-to-move-more-anytime-anywhere>
- [GoNoodle](https://www.gonoodle.com/) - <https://www.gonoodle.com/>

Fitness Apps or Websites:

- [Peloton](https://www.onepeloton.com/digital/checkout/digital-90d) - <https://www.onepeloton.com/digital/checkout/digital-90d>
- [Down Dog](https://www.downdogapp.com/) - <https://www.downdogapp.com/>
- [Nike Training Club](https://apps.apple.com/us/app/nike-training-club/id301521403) - <https://apps.apple.com/us/app/nike-training-club/id301521403>
- [Planet Fitness](https://www.planetfitness.com/) - <https://www.planetfitness.com/>
- [Gold's Gym](https://www.goldsgym.com/anywhere/) - <https://www.goldsgym.com/anywhere/>

Yoga:

- [Yoga Glo](https://glo.com/fromourhearts) - <https://glo.com/fromourhearts>
- [Do Yoga With Me](https://www.doyogawithme.com/) - <https://www.doyogawithme.com/>
- [CorePower Yoga](https://www.corepoweryogaondemand.com/keep-up-your-practice) - <https://www.corepoweryogaondemand.com/keep-up-your-practice>

Other:

- [Build Your Own Circuit Workout](https://www.heart.org/en/healthy-living/fitness/getting-active/create-a-circuit-home-workout) - <https://www.heart.org/en/healthy-living/fitness/getting-active/create-a-circuit-home-workout>
- [305 Fitness – Cardio Dance](https://www.youtube.com/channel/UCITBXIWPx7L_jhJ_vdRAu-A) - https://www.youtube.com/channel/UCITBXIWPx7L_jhJ_vdRAu-A

Healthy Eating Tips During the Coronavirus (COVID-19) Pandemic

These websites offer tips for how to eat safely and making healthy food choices during this time.

- [American Society for Nutrition](https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/) - <https://nutrition.org/making-health-and-nutrition-a-priority-during-the-coronavirus-covid-19-pandemic/>
- [American Heart Association](https://www.heart.org/en/about-us/coronavirus-covid-19-resources) (scroll to “More Tips to Stay Active and Eat Healthy”) - <https://www.heart.org/en/about-us/coronavirus-covid-19-resources>