**Health and Well-Being FREE Resources**

Anyone who wants to practice at home can do so, we are making all of our apps - Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout - **completely free until April 1st**.In response to the many school closures taking place, we are also offering **free access until July 1st for all students and teachers** (K-12 and college). <https://www.downdogapp.com/>

The popular mindfulness and guided meditation app Headspace is going free for US healthcare professionals, who work in public health settings, through the end of this year: If you’re a healthcare professional, you can learn how to redeem your [subscription on the Headspace website](https://www.headspace.com/health-covid-19). Everyone else can download the [Headspace app on the App Store](https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008) for free with in-app subscriptions.

Planet Fitness is encouraging people to remain active at home during the coronavirus pandemic through a series of live workouts. The classes will be [streamed live on Facebook](https://www.facebook.com/planetfitness/posts/10157386688639856?utm_source=SFMCCORP&utm_medium=Email&utm_campaign=2020_02_06_pizza-members&utm_content=fb-live) every day starting today at 4 p.m. PT/7 p.m. ET. They’ll be free for everyone. The Planet Fitness app for iOS also offers hundreds of workouts that can be done from anywhere. These workouts are free for members and non-members. Download the [Planet Fitness app on the App Store](https://apps.apple.com/us/app/planet-fitness/id399857015).

Peloton is offering an extended 90-day free trial to its at-home workouts application during the coronavirus outbreak. The in-app workouts don’t require you own any Peloton equipment, and include yoga, HIIT, stretching, and other categories. Check out our full [review from last year for all of the details](https://9to5mac.com/2019/09/30/peloton-digital-tread-bike-iphone-ipad-apple-watch-review/). You can download the [Peloton app on the App Store to get started](https://apps.apple.com/us/app/peloton-live-workout-classes/id792750948).

* [19 Minute Yoga](https://19minuteyoga.com/) – Free live streamed yoga classes on YouTube
* [The Year Without Pants](https://amzn.to/392zcXf) – Free guide to remote working
* [Take Control of Working From Home Temporarily](https://www.takecontrolbooks.com/working-from-home/) – Another free guide to temporary remote working
* [GOLD’s AMP](https://www.goldsgym.com/anywhere/) – 600 audio and video workouts free until May 31
* [Alto’s Odyssey](https://apps.apple.com/us/app/altos-odyssey/id1182456409) and [Alto’s Adventure](https://apps.apple.com/us/app/altos-adventure/id950812012) free for the next week