



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.

If the link does not open when you click on it, try to copy and paste the address into your internet browser.

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/daily-life-coping/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/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)
- [American Heart Association - https://www.heart.org/en/healthy-living/healthy-lifestyle/be-well-together](https://www.heart.org/en/healthy-living/healthy-lifestyle/be-well-together)

At-Home Physical Activity & Fitness Resources

Staying active can keep you healthy and relieve stress! Some local gyms and fitness studios are offering live streaming or pre-recorded classes that can be done at home. Some online fitness platforms are also offering free access to classes (often by extending trial periods). Here are some free resources available online:

Activities for Children:

- [Walkabouts Active Lessons](http://info.activedinc.com/covid) - <http://info.activedinc.com/covid>
- [GoNoodle](https://www.gonoodle.com/) - <https://www.gonoodle.com/>
- [Action for Healthy Kids](https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/) - <https://www.actionforhealthykids.org/covid-19-resources-physical-activity-nutrition-more/>

Activities for Older Adults:

- [Go4Life Exercise Videos \(National Institute on Aging\)](https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8) - <https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTTrJ7hrJ8yxhToKkJT8a8>
- [10-Minute Exercise Videos for Older Adults \(AARP\)](https://videos.aarp.org/category/videos/fitness) - <https://videos.aarp.org/category/videos/fitness>

Fitness Apps or Websites:

- [Peloton](https://www.onepeloton.com/digital/checkout/digital-90d) - <https://www.onepeloton.com/digital/checkout/digital-90d>
- [Nike Training Club](https://apps.apple.com/us/app/nike-training-club/id301521403) - <https://apps.apple.com/us/app/nike-training-club/id301521403>
- [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/>

Other:

- [Instant Recess](https://www.youtube.com/results?search_query=instant+recess) - https://www.youtube.com/results?search_query=instant+recess
- [Move More Together](https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together) - <https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together>
- [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>
- [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>
- [Staying Physically Active during the COVID-19 Pandemic](https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic) - <https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

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/healthy-living/healthy-eating/lets-cook-together) - <https://www.heart.org/en/healthy-living/healthy-eating/lets-cook-together>