

No-Cost Wellbeing Resources

A Little Something from Us to You. We believe that supporting your holistic health and wellbeing shouldn't always come with a price tag, so please enjoy these free resources as a token of our partnership!

Physical Health

Physical wellbeing is your first line of defense, empowering you to maintain peak energy while proactively reducing the risk of chronic illness and long-term health complications through healthy habits and early detection.

YMCA OC (Workouts)

Category: Physical

Website: <https://ymcaoc.org/videos/>

Highlights: Virtual YMCA workouts, including at-home workouts, chair yoga, resistance training, strength and stability, barre, boot camp, HIIT, Pilates, yoga, Zumba, activities for wide age ranges, martial arts, etc.

Muscle & Strength

Category: Physical

Website: <https://www.muscleandstrength.com/workout-routines>

Highlights: Database of 100+ workouts and diet programs with a focus on men, women, muscle building, fat loss, increasing strength, abs, full body, sports performance, bodyweight, beginners, at home, celebrities, cardio, and select muscle groups.

The Fitness Phantom

Category: Physical

Website: <https://thefitnessphantom.com/free-workout-plans-pdf>

Highlights: Consolidates 100+ workout plans, programs, & downloads from various sources; features multiple types of training (gym, anaerobic, isometric, plyometric, powerlifting, splits, etc.) for different fitness goals.

Alison (Self-Defense)

Category: Physical

Website: <https://alison.com/course/introduction-to-self-defense-for-beginners?msocid=1a61051d49726dba281d136448fb6cfd>

Highlights: An online beginners' self-defense course that introduces you to easy techniques to help prepare you for worst-case scenarios; includes explanations on escaping from attacks, chokeholds, and grabs, dealing with bar fights, & defense tactics.

Udemy (Self-Defense)

Category: Physical

Website: <https://www.udemy.com/topic/self-defense/free/>

Highlights: Offers multiple free online courses, including Jiu-Jitsu, self-defense, martial arts, boxing, Krav Maga, close combat, Wing Chun, etc.

FFP Running Clubs

Category: Social, Physical

Website: <https://ffprunningclubs.org/>

Highlights: A non-profit organization dedicated to creating free community-based running clubs throughout the country while raising money for local charities; welcomes all levels of expertise/experience; if there is not currently an FFP running club, you can create one near you.



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