

# Keeping up with Wellness at Home

Northwestern Executive Health Wellness Team

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## Get your “App” on!

For many of us, getting our exercise fix from our favorite gym or studio is a huge part of our weekly routine and keeps us physically and emotionally well. Being stuck at home doesn't need to derail your exercise program! Many fitness companies are now offering free online workouts or app trials and most don't even require equipment. Below is a list of some great apps that your NEH wellness team has tried out and love! As always, work at your own pace and take breaks when needed.

**ClassPass**: Unlimited free access to on-demand workouts. Live-streaming is available for a pay as you go. 100% of the proceeds go towards the studio!

**Peloton Digital**: 90 day free trial for stretch, yoga & cardio workouts. Bike and treadmill not needed!

**Aaptiv**: #1 audio fitness app offering free workouts or 7 day free trial for complete app access. Workouts include running, cycling, elliptical, rower, strength yoga and much more!

**FitOn**: Free fitness workout plans. Weekly and daily workout classes from barre, pilates, yoga, HIIT, kickboxing, treadmill and many more.

**Stark Fitness**: Exercise trainer app that creates a time based circuit routine based on your choices of equipment, duration and intensity.

**Daily Burn**: Streaming fitness model that has a 60 day free trial. Thousands of class based workouts such as yoga, cardio, HIIT, strength, pilates, meditation, postnatal workouts and many more.

**Couch to 5k**: Running program that safely gets you running 30 minutes or 3 miles in 8 weeks

**Strava**: Free run, ride, swim tracking app. Great app to use for outdoor workouts, to get you outside, moving your body and setting new goals.

**Johnson & Johnson Official 7 Minute Workout**: Quick, equipment free circuit workout.

**Go Noodle**: Make screen time active for kids with dance videos, yoga, and interactive games to get the wiggles out!



## Freezer Foods!



Stocking your freezer with a few healthy items is a good idea to make fewer trips to the grocery store. Below you will find some suggestions for meals, snacks and side dishes.

**Frozen Salmon**: Most fresh fish that you purchase has been previously frozen. Salmon is high in Omega 3 fatty acids and is a heart healthy choice. Thaw salmon according to package instructions.

**Frozen Shrimp**: Thaws quickly and is easy to use in a shrimp taco or stir fry with [frozen brown rice](#) and veggies.

**Cauliflower Rice or Zucchini Noodles**: This is a [great side dish](#) for roast chicken. And we like [this one](#) with grilled fish. And [these](#) are great with turkey meatballs and marinara.

**Daily Harvest Smoothie and Grain Bowl Delivery**. Stock your freezer with ready-to-blend smoothies and ready-to-heat grain bowls. These are a good option for those who are used to dining out for breakfast and lunch.

**Need a Quick Lunch**: We like [Healthy Choice](#) and [Green Giant](#) Bowls and this from [Frontera](#) or this from [Amy's](#). Add ½ avocado to these meals for satiety.