

PHYSICAL, MENTAL & SOCIAL HEALTH RESOURCES

Exercise & Ergonomics Information

- [American Council on Exercise \(ACE\) Fitness Exercise Library](#)
- [National Institute of Health Ergonomic Exercises & Recommendations](#)

Fitness Apps (many are free or have special offers at this time)

- [American Heart Association Recommendations & Live Virtual Workouts](#)
- [Daily Burn](#)
- [FitOn](#)
- [MyFitnessPal](#)
- [Nike Training Club](#)

Mental Health Resources & Apps

- [Breathing and Meditation Techniques](#)
- [Calm](#)
- [Headspace](#)
- [Sanvello](#)

Social/Gaming

- [Jackbox Games](#)
- [Playing](#)

COVID-19 Information & Updates

- [Centers for Disease Control and Prevention](#)