

Online Resources for Daily Exercise + Movement



Feel like dancing?

Exercise and movement should be enjoyable! The purpose is to relieve stress and foster mental and physical well-being. Try exploring these dance workouts if you want to try something new! Have a dance party or follow along with a RecSports Zumba class or YouTube video (like MadFit).

Popular YouTube Channels

[MadFit](#)

[Chloe Ting](#)

[Lululemon](#)

[Orange Theory Fitness](#)

[Erica Steigauf \(a](#)

[RecSports Yoga Sculpt](#)
[Instructor\)](#)

Apps + Subscriptions

Nike App

Peloton Subscription (Free 30 Day Trial)

Often, exercise is one of the first things that we cut out of our daily life when we are feeling stressed and busy. Here are some easy ways we can incorporate exercise and movement into our schedules – just from our dorm room.

Want to amp up a walk?

Try listening to podcasts, [forest bathing](#), or [these](#) breathing exercises when walking.

RecSports

If going to classes motivates you, try attending one of Rec Sports Virtual Fitness Classes. Click [here](#) for the schedule and details on how to register. (Hint: Classes include are yoga, Zumba, pilates, and cardio strength).

Yoga.

Yoga is known for its myriad of physical health benefits, as well as its ability to calm and ground us. It can be helpful when we feel low-energy.



Check out RecSports [Yoga With Adrienne](#) on YouTube
[Breathe&Flow](#) on YouTube