

WORKOUT FROM HOME

Options for People with Disability and Chronic Health Conditions



It is especially important for people to stay active during this time. Exercise can help boost immunity and keep us in good physical and mental health. The National Center on Health, Physical Activity and Disability (NCHPAD) has curated a playlist of the top exercise from home videos on their YouTube channel for kids and adults. The playlist includes 32 options for all abilities to choose an exercise mode that works and is enjoyable to them. Example exercise videos include: inclusive yoga class, standing and seated cardio workouts, strength activities using household items, high intensity workouts and much more!

Sample Newsletter Blurb

Given the severity of COVID-19, people with disabilities and chronic health conditions are some of the most at risk populations. While staying home, practicing social distancing and good hygiene are of utmost importance it is also imperative that we stay active through exercise options at home. Exercise can help boost immunity and keep us in good physical and mental health. The National Center on Health, Physical Activity and Disability (NCHPAD) has curated a playlist of the top exercise from home videos on their YouTube channel for kids and adults. The playlist includes 32 options for all abilities to choose an exercise mode that works and is enjoyable to them.

Get ready, set and move -> <https://bit.ly/2Qoliao>.

Watch & Move

Link to get moving from home with inclusive exercise video options:

<https://www.youtube.com/watch?list=PLwMObYmISHaPIArTOC4JBZfeuU7LN7KVJ&v=eLCIKvN9Qag>

Short link:

<https://bit.ly/2Qoliao>.

Facebook

Let's not forget about our physical and mental health during the COVID-19 pandemic! Staying active at home is important to keep our immunity levels up and @NCHPAD has curated a playlist of the top exercise from home videos on their YouTube channel for kids and adults. The playlist includes 32 options for all abilities to choose an exercise mode that works and is enjoyable to them. Check it out and get moving today! <https://bit.ly/2Qoliao>

Looking for an exercise program that is inclusive and can be done at home? Look no further! @NCHPAD's 14 Week Program to a Healthier You might be just what you need. This program is a FREE, personalized, web-based physical activity and nutrition program for individuals with disabilities and chronic health conditions. Remember to stay active at home during #COVID-19! <https://www.nchpad.org/14weeks/>

Calling all athletes with a disability! Need some new options to stay active while at home? Check out @NCHPAD's Champion's Rx program. This is a FREE, high-intensity daily workout program designed to challenge all ability levels. <https://www.nchpad.org/CRx>

Twitter

During #COVID-19, let's not forget about our physical & mental health! Staying active at home is very important to keep immunity high. Check out a video playlist from @NCHPAD with over 30 workout from home options for everyone. <https://bit.ly/2Qoliao>

People with #disabilities and chronic health conditions are some of the most at risk populations for #COVID-19. Remember to stay active from home during this time and use inclusive exercise videos from @NCHPAD to help you do so. <https://bit.ly/2Qoliao>

Calling all #athletes with a #disability! Need some new options to stay active while at home? Check out @NCHPAD's Champion's Rx program. <https://www.nchpad.org/CRx>

Looking for an exercise program that is inclusive and can be done at home? Look no further! @NCHPAD's 14 Week Program to a Healthier You might be just what you need. <https://www.nchpad.org/14weeks/>

Instagram

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For questions about this resource, please contact NCHPAD at email@nchpad.org.

