



Serving people with disabilities since 1964

#Workingout FromHome

We've pulled together a selection of activities on how to get active at home - this content is here for you, when you need it.

GENERAL FITNESS

Get Active TV

LIVE virtual classes led by Singapore fitness personalities and tutorials



POPSUGAR Fitness

Over 500 ad-free workouts videos



The Body Coach

Workout videos for all fitness levels



Alpha Fitness

QuickHIIT workouts



YOGA & PILATES

Yoga with Adriene

High quality free practices on yoga & mindfulness



Alo Yoga

Free yoga flow & tutorial videos



The Girl With The Pilates Mat

Learn the fundamentals from an international Pilates expert



Blogilates

Full length POP Pilates and many other fun workouts



STRETCH IT OUT

Harvard Health

Stretches before you get out of bed



Mayo Clinic

Desk stretches



Healthplus (Gleneagles Hospital)

5 easy desk stretches



Darebee

Warmup & Stretching



STRENGTH & CONDITIONING

Dr. Jordan Metzl and Karen Barrow

9-Minute Strength Training



Healthline

Full body strength training



SELF

Tips for strength training without all the equipment



THISGIRLCAN

List of exercises from table top press ups to living room wall sits



WITH CHILDREN

Disney dance-alongs

Dance routines to help you get active with your kids



Change4Life

Fun indoor activities



Get Kids Moving

Superhero workout videos



ActiveSG

Household hacks



OLDER ADULTS

HPBsg

Videos in all 4 official languages



NHS

Sitting exercises



Chartered Society of Physiotherapy

Simple set of exercises designed especially for older people



BE CREATIVE

Anna Kaiser

Suitcase workout circuit



Anthony Nehra

You just need a bed, chair & a suitcase



Mashable

Household items challenge



Womensweekly

Workouts with household items like toilet paper roll



Spacebib

Online Marathons



Josh & Bamui

Dance diet workout - Handclap



The Conversation

The housework workout



OFFICE WORKOUT

Darebee

100 office workouts



Snacknation Office

25 office exercises (desk-friendly)



Healthhub

Lunchtime (home) office workout



PREMIUM FITNESS APPS

Nike training app

Free until further notice



Adidas training & running

Free for 90 days



Downdog app

Free until 1 June 2020

