

**Be Active, Be Healthy At Home - Online Resources**

<b>Resource</b>	<b>Description</b>	<b>Website</b>
<b>Physical Activity Guidelines</b>	All Ages	<a href="https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html">https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html</a>
<b>Active for Life</b>	Resources and lesson plans to get kids active.	<a href="https://activeforlife.com/resources/">https://activeforlife.com/resources/</a>
<b>Fit Kids Healthy Kids</b>	Filter your search for activities with equipment you may have on hand, space available, etc.	<a href="https://fitkidshealthykids.ca/games-database">https://fitkidshealthykids.ca/games-database</a>
<b>Participaction</b>	Ideas for the whole family, activity tracking app	<a href="https://www.participaction.com/en-ca/blog">https://www.participaction.com/en-ca/blog</a>
<b>Winnipeg in motion</b>	Resources for early years, children & youth, adults and older adults	<a href="https://www.winnipeginmotion.ca/circuit_training_posters.php">https://www.winnipeginmotion.ca/circuit_training_posters.php</a>
<b>Virtual YWCA-YMCA</b>	Free equipment optional workouts	<a href="http://www.ywinnipeg.ca/programs/health-fitness/virtual-workouts/">http://www.ywinnipeg.ca/programs/health-fitness/virtual-workouts/</a>
<b>Reh-Fit Centre</b>	Youtube channel with free workouts	<a href="https://www.youtube.com/channel/UCZ7EtlGiprep2daKzA8hZA">https://www.youtube.com/channel/UCZ7EtlGiprep2daKzA8hZA</a>
<b>Wellness Institute</b>	Youtube channel with free workouts & Free Fitness App	<a href="https://www.youtube.com/channel/UCDdrl2RNZHyCX5pFjsisAVg">https://www.youtube.com/channel/UCDdrl2RNZHyCX5pFjsisAVg</a> <a href="https://wellnessinstitute.ca/the-wellness-institute-app/">https://wellnessinstitute.ca/the-wellness-institute-app/</a>
<b>Sport Manitoba</b>	Instagram live stream workouts	<a href="https://www.instagram.com/sportmanitoba/">https://www.instagram.com/sportmanitoba/</a>
<b>IERHA</b>	Follow our facebook page! We will continue to share more resources!	<a href="https://www.facebook.com/InterlakeEasternRHACommunityWellness/">https://www.facebook.com/InterlakeEasternRHACommunityWellness/</a>