

**HealthCheck360 Guide and Hotline for Coronavirus:** [CLICK HERE](#)

### **At Home Workouts**

[HealthCheck360 Home Workout Article](#)

**Youtube** is a fantastic resource for at-home workouts. Here are a few wonderful and FREE channels to subscribe to:

<https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

<https://www.youtube.com/user/popsugartvfit>

**Articles** for at-home workouts:

<https://www.health.com/fitness/coronavirus-at-home-workout>

<https://www.buzzfeed.com/melissaharrison/best-at-home-workouts>

<https://www.healthline.com/health/fitness-exercise/at-home-workouts>

### **Working from Home Resources**

6 tips to be productive while working from home [article here.](#)

Tips:

- Make your own standing desk
- Set a time to walk around each hour
- Stand or walk during conference calls
- Schedule yourself a lunch break
- Walk around the block in the afternoon to combat the afternoon slump
- Run up and down the stairs
- Take a shower and dress for your day as normal. Pro Tip: Even put on shoes!