

## HEALTHY LIVING/BEING ACTIVE

- LifePath Healthy Living Workshops – free workshops for people with one or more chronic health conditions
  - <https://lifepathma.org/events/healthy-living-workshops>
- Big Y's Virtual Nutritional Offerings – options include:
  - Grocery Store Tours
  - Virtual Nutrition Programs
  - Free 15-minute consult with a registered dietician
  - <https://www.bigy.com/LivingWell/GetSocial>
- Fitness Blender – resource for workout videos, healthy recipes, meditations and informational articles
  - <https://www.fitnessblender.com>
- Heart and Soul Fitness – free, full-length workout videos for all fitness levels. Many different choices depending on your individual fitness goals
  - <https://www.HASfit.com>
- Walk at Home with Leslie Sansone – free videos available on the website, Youtube, and the Walk at Home app
  - <https://walkathome.com/>
- Senior Fitness by Tona – videos geared toward seniors, available on Youtube
  - <https://www.youtube.com> – search “senior fitness by tona”
- Yoga with Adriene – yoga videos for all fitness levels, available on Youtube
  - <https://www.youtube.com/yogawithadriene>