

As individuals and families limit their time in public and communal places, the American Council of Exercise (ACE) encourages all people to keep moving – whether at home, safely outside or with your family. Below are some helpful, safe resources to help.

The following tips will help you stay healthy and successful while you work from home

## Resources for Equipment-Free Workouts

- [102 exercises in the ACE Exercise Library](#)
- [Top 25 At-Home Exercises](#)
- [Lean Legs Bodyweight Exercises \(video\)](#)
- [Too Busy to Exercise? 4 Crucial Exercises You Can Do In 5 Minutes](#)
- [ACE's Kickstart Workout, A Week-by-Week, 3-Month Exercise Program](#)
- [The Upper-Body/Lower-Body/Heart-and-Lung/All-in-One/Totally Free Workout – Stairs](#)
- [HIIT in the Park with Tabata \(Intermediate/Advanced\)](#)

## Resources for Kids and Families

- [Family Fitness Day: Healthy Activities for the Whole Family](#)
- [Simple Obstacle Course for Kids](#)
- [5 Winter Activities for Kids](#)
- [Animal Inspired Yoga for Kids \(video\)](#)

## Virtual Fitness Options

[Virtual Fitness Options: Behind Closed Doors](#) provides a list of free fitness resources including workouts of the day, online fitness libraries and fitness programming you can bring into your own home.

We hope you find these tips and resources helpful. UCR Healthy Campus and the Faculty/Staff Wellness Program remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu) or [wellness.ucr.edu](http://wellness.ucr.edu).

Stay safe and healthy!