

## Staying Active at Home



[Yale Trail Wellness Challenge](#) [1]

[Fitstyle by Shana](#) [2] - webinars and live stream workshops and workouts

[AllTrails](#) [3]

[Blogilates](#) [4]

[Fitness Blenders](#) [5]

[Yoga for Uncertain Times](#) [6]

[Nature Scavenger Hunt](#) [7]

[Mindful Outdoor Experience](#) [8]

[FitOn - Free Workout App](#) [9]

**Source URL:** <https://oiss.yale.edu/covid-19-resources/staying-active-at-home>

### Links:

[1] <https://beingwell.yale.edu/news/yale-trail-2020-online-wellness-challenge-be-well-wherever-you-are>

[2] <https://www.fitstylebyshana.com/livestream-classes-events>

[3] <https://www.alltrails.com/>

[4] <https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg>

[5] <https://www.youtube.com/user/FitnessBlender/>

[6] <https://www.youtube.com/playlist?list=PLui6Eyny-Uzy-b0MKzL2EfaTqB0ppgK06>

[7] <https://www.doinggoodtogether.org/bhf/nature-scavenger-hunt>

[8] <https://static1.squarespace.com/static/5b859eb2c3c16a720f8e10da/t/5e90ecc26653f97e314f84b6/1586556108287/Self-Guided+MOE.pdf>

[9] <https://fitonapp.com/>