

Staff Wellness Resources

Home workout videos

During the COVID-19 pandemic it has been difficult for everyone to maintain their usual fitness routine through the use of gyms, community centres and fitness classes. For our physical and mental health it is important to continue to incorporate physical activity into our daily activities. Below you will find some Youtube channels that offer great at-home workouts for all levels of fitness.

Self

20-30 minute workouts including:

- no-equipment cardio
- bodyweight
- abs and lower body

MadFit

5-40 minute workouts including:

- no-equipment
- apartment friendly
- stretch/yoga
- knee-friendly/low impact

Move with Nicole

15-60 minute workouts including:

- full body
- barre
- HIIT
- yoga/stretch

Montrait Muay Thai

15-35 minute workouts including:

- conditioning
- body weight
- muay thai technique

Joslin's MMA

45-60 minute workouts including:

- conditioning
- body weight
- muay thai/BJJ technique

Healthy Fit with Ty

5-60 minute workouts including:

- 1 week challenges
- Full body
- Cardio kickboxing
- Abs/core
- Lower body
- Low impact
- Weights

POPSUGAR Fitness

25-40 minute workouts including:

- yoga
- barre
- HIIT
- Abs/core
- Full body
- Burnouts
- Dance
- Equipment

The Body Coach TV

15-30 minute workouts including:

- Morning routines
- HIIT
- Full body
- Abs/core
- Low impact

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 **T** 416 425 6220 **T** 800 363 2440 **F** 416 425 6591 hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto.

GymRa

20 to 40 minute workouts including:

- Abs/core
- Full body
- Lower body
- Yoga/Pilates
- HIIT
- Equipment

Yoga with Adriene

10-60 minute workouts including:

- Yoga for all levels

Yoga with Bird

5-40 minute workouts including:

- Yoga for all levels