**Exercise Resources for Exercising at Home During COVID19**

1. **Maple Tree Cancer Alliance:** *Enter: “FREEFORALL” after putting the program of choice in the cart for checkout. These programs are offered FREE now*

[https://www.mapletreecanceralliance.org/product/getting-started-program/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.mapletreecanceralliance.org_product_getting-2Dstarted-2Dprogram_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=3Xmlv2FNMD39bKxNI4yEtVauXT2azkQ22_qn-8F4EpE&e=)

1. **Penn State: ONE (Oncology, Nutrition, and Exercise)**

[https://research.med.psu.edu/oncology-nutrition-exercise/](https://urldefense.proofpoint.com/v2/url?u=https-3A__research.med.psu.edu_oncology-2Dnutrition-2Dexercise_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=t3t0Na0ECjylZY-kzgvNxZySzOTx0j54_j_1Ca-Qnsw&e=)

1. **Cancer Foundation for Life**

[https://cancerfoundationforlife.org/cancer-exercise/](https://urldefense.proofpoint.com/v2/url?u=https-3A__cancerfoundationforlife.org_cancer-2Dexercise_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=76st6KCXXSKCoIKq1X4mt6o7mOt8rMHcMYFHo1_8ztM&e=)  
[https://cancerfoundationforlife.org/exercise-videos/](https://urldefense.proofpoint.com/v2/url?u=https-3A__cancerfoundationforlife.org_exercise-2Dvideos_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=Iog5HDA-get4Nre-70CLAZg--l7a2ka3uCflJCudodw&e=)

1. **Sunflower Wellness**

[https://www.sunflowerwellness.org/sfw/exercise-library/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.sunflowerwellness.org_sfw_exercise-2Dlibrary_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=tEKWeTmUvB10P5i6rnNQX9cMGwmERfViL0d6OzPJCO4&e=)

1. **Livestrong**

[https://www.livestrong.com/sscat/exercises-and-workouts/](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.livestrong.com_sscat_exercises-2Dand-2Dworkouts_&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=CmAXZXLHIENC520AMkXv8FaYIYdB62DmwUGZsAIoHHA&s=GBAQDwexCs-hsLOYRVTNOAGIJeiCePBp2u0Z5_o-NH4&e=)

1. **Alo Gives Programs:** *free yoga and mindfulness for kids. Great to do at home with kids and tell your kid’s school about it.*

<https://www.aloyoga.com/pages/alo-gives-programs>.

1. **Strength training program through an app for cancer patients or caregivers.**

<https://www.survivorstrong.com/>

1. **UCSF – Cancer Resource Center Exercise Counseling**

<https://www.ucsfhealth.org/services/cancer-exercise-counseling>

1. **UCSF – Cancer Resource and Osher Center Classes**

<http://cancer.ucsf.edu/support/crc/exercise-classes>

1. **Check out your local library.** *If you have a library card, you can access exercise videos online such as Kanopy Exercise Library. Many libraries have their own sites.*
2. **Nike:** *Free resources for strength, aerobic and yoga.*

<https://www.nike.com/ntc-app>

1. **WorkFit**

<https://recsports.berkeley.edu/fitness-wellness/workfit/workfit-class-descriptions-locations/>

1. **STANFORD Supportive Care Services (Online)**

*Online registration for Stanford classes:*

[https://stanfordhealthcare.org/for-patients-visitors/cancer-supportive-care-program/online-cancer-supportive-care-program-registration-form.html](https://urldefense.proofpoint.com/v2/url?u=https-3A__stanfordhealthcare.org_for-2Dpatients-2Dvisitors_cancer-2Dsupportive-2Dcare-2Dprogram_online-2Dcancer-2Dsupportive-2Dcare-2Dprogram-2Dregistration-2Dform.html&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=6hXuNSudw52bdumwW0aTThceys8YCae8cHrJpGcSpOs&s=KIKBat_Z9L3G1ehlpWnZxEPOjTFe1XMR72PAAb9WMJQ&e=)

[https://www.calendarwiz.com/calendars/calendar.php?crd=care&PHPSESSID=177be2e7962e967c231974af56dec302&jsenabled=1&winh=708&winw=1030&inifr=false](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.calendarwiz.com_calendars_calendar.php-3Fcrd-3Dcare-26PHPSESSID-3D177be2e7962e967c231974af56dec302-26jsenabled-3D1-26winh-3D708-26winw-3D1030-26inifr-3Dfalse&d=DwMFaQ&c=iORugZls2LlYyCAZRB3XLg&r=rI90EYOtPnFpOa655ZpVTOZA0tQwgAroPSdrFDWtyEg&m=6hXuNSudw52bdumwW0aTThceys8YCae8cHrJpGcSpOs&s=zqtdEOx50tx6W406n4r2iHiW9JFMRjRAobcwPJbR-9E&e=)