

# Komen Wellness Committee\*

## Wellness At Home Resources

### Exercise at Home

[10 Best Office Stretches and Office Exercises to Do At Your Desk](#)

[15 Simple and Quick Office Stretches to Boost Work Efficiency](#)

Pinterest offers several options for [Work Exercises](#)

### Fitness Apps

[FitOn](#) offers a selection of classes like Yoga, Strength Training and Cardio both on demand — and live classes throughout the day. The company also offers a variety of challenges like the 10-day kickstarter challenge and Sexy Arms and Abs, that will help you work towards your fitness goals.

Planet Fitness just launched [United We Move Home Work-Ins](#). **Free online workouts will be offered for a limited time streamed via Facebook Live.** Get moving with their trainers and even some surprise celebrity guests for a 20 minute workout to relieve stress and stay healthy. Just visit their Facebook page at 6 p.m. CST to join in — or watch them later, as replays will be available.

[Fitness Blender](#) offers a free workout videos at every fitness lev. Whether your preferred workout includes HIIT, Strength Training or Kettlebell, Fitness Blender has you covered.

[Peloton](#) offers a variety of live fitness classes that will help you get into shape on your own schedule. Filter classes by type, length, time and fitness level — and find the perfect class. While the Peloton app is usually, \$12.99 a month, they are currently offering a 90-day free trial.

### Mental Health Coping Strategies

UHC Care24 representatives are available for Komen employees and family members covered on a Komen medical plan and can be reached day or night at 1-888-887-4114.

In addition, during the COVID-19 crisis UHC is offering a free emotional support helpline for all people impacted, even those who are not covered by a UHC insurance plan. The toll-free number is 1-866-342-6892 and will be open 24/7 as long as necessary.

The University of Virginia offers nine helpful tips for [How to Protect Your Mental Health During a Quarantine](#).

Coronavirus mental health implications and coping strategies are available from the [National Alliance on Mental Illness](#).

\*This list was compiled by members of the Komen Wellness Committee: Robin Davis, Lisa Giuroiu, Morgan Hare, Barbara Hollis, Tracy Kimball, Laura Mainard, Dustin Scott, Deanna Spurvey, Virginia Hall and Karen Gavin.