Perhaps more than usual, we have good reasons to exercise: First, in this challenging time when many feel isolated and down, exercise is well known for releasing endorphins and improving mood. In addition, working out contributes to good health, which in turn helps us maintain sturdy immune systems.

According to the Centers for Disease Control and Prevention (CDC), getting enough physical activity could prevent 1 in 10 premature deaths, yet only half of adults get the physical activity they need to help reduce and prevent chronic diseases. Exercising could also prevent:

* 1 in 8 cases of breast cancer
* 1 in 8 cases of colorectal cancer
* 1 in 12 cases of diabetes
* 1 in 15 cases of heart disease

**Aaptiv**

Following along to [audio-guided workouts](https://aaptiv.com/) is ideal if the only workout gear you have at home is a pair of earbuds. Aaptiv adds more than 30 “classes” each week, including outdoor running routines and strength-trainingworkouts.(The smartphone app also offers workouts that can be done on an elliptical, bike or treadmill if you have your own equipment.)

Price: Free seven-day trial; $15 a month

**Nike Run Club**

Want to try running or power-walking outside? Research has shown that [walking outdoors](https://www.cnbc.com/2019/12/22/elizabeth-warren-takes-long-walks-and-listens-to-audiobooks-to-unwind.html) can improve your creativity. (Experts say that [running outdoors on your own](https://www.runnersworld.com/news/a31439358/running-during-coronavirus/) or with a few people who are spread out is safe.)The [Nike Run Club](https://www.nike.com/nrc-app) app offers lots of workouts from top running coaches for all levels. The app also tracks your distance and pace so you can ensure you’re getting your steps in while you’re cooped up inside.

Price: Free

**The Mirror**

This device looks a bit like a wall mirror. In reality it is somewhere between a mirror and a television as you can see yourself and also the trainers. The device costs roughly $1500 with a subscription fee of $39.95 per month. It offers a range of cardio, boxing, yoga, meditation, weightlifting, stretching, bootcamps, pilates, and barre.

**Peloton**

After the infamous Christmas commercial, many of you have probably heard of Peloton. They make two products, the original Peloton Bike, which costs approximately $2,300 and the Peloton Tread, which is priced at $4,300. Both come with a monthly fee of $39. The bike offers app access as well as live and on-demand cycling. The tread offers app access as well as live and on demand classes on the treadmill. Both are slick and sophisticated devices that track many metrics in real time. Both offer workouts that include weight training, stretching, yoga, meditation, boot camp, and outdoor running. App only access costs $12.99 per month.

**Silver Sneakers**

Silver sneakers offers a variety of exercise options including over 200 classes geared for older adults. For people 65+ on participating medicare plans access is free.

On the topic of exercise, we are incredibly fortunate to have Peggy Merrill with us today. Peggy is Fitness Director for the YMCA of Northern Colorado. I’d like to ask Peggy a few questions, but please ask question

1. How has YMCA adapted its exercise offerings during the Pandemic?
2. We understand the situation is fluid but does YMCA have any ideas about timing of re-opening?
3. We’ve all heard that things are likely to be different for a while, if not permanently, how will going to the gym look when they let us go back?