

Free Physical Activity Resources

These resources focus on helping you move more in daily life, build healthy habits, and understand the benefits of physical activity for all ages and abilities. They come from authoritative government agencies and respected organizations.

- [Nutrition.gov Exercise and Fitness](#): Offers exercise logs, planners, safe activity tips, and guides for all ages and abilities^[1].
- [Physical Activity Guidelines for Americans \(PDF\)](#): Comprehensive, science-based recommendations for how much activity you need, with details for children, adults, older adults, and people with chronic conditions^[2].
- [Move Your Way Campaign Materials](#): Fact sheets, posters, and videos that make activity guidelines easy to understand and apply^[3].
- [CDC Physical Activity Basics](#): Tips for getting started, overcoming barriers, and tracking progress, plus links to free apps and websites for fun, accessible movement^[4].
- [National Institute on Aging: Exercise and Physical Activity](#): Guides and tips for older adults to stay active safely, including printable materials and videos^[5].
- [We Can! Physical Activity Tools and Resources \(NHLBI\)](#): Curricula and resources for families and communities, including youth activity guides and tips for reducing screen time^[6].
- [SNAP-Ed Physical Activity Resources](#): Materials to help families and communities learn about and increase physical activity, including projects and lesson plans^[7].
- [President's Council on Fitness, Sports & Nutrition](#): National information and programs promoting physical activity, fitness, and sports^[6].
- [Community Health Partners: Free Exercise Resources](#): Lists free community classes, outdoor activity programs like Trails RX, and local opportunities to get active^[8].

Free Exercise Resources

These resources provide structured workouts, exercise libraries, and fitness programs—often with video instruction or app-based guidance. They're ideal for those seeking specific routines, strength training, or guided classes.

Top Free Exercise Apps

- [Nike Training Club](#): Offers a wide range of free, instructor-led workouts for all levels, including strength, endurance, mobility, and yoga^[8].
- [Strava](#): Tracks running, cycling, walking, and more, with motivational features and a strong social community.

- Caliber: Focuses on strength training with personalized, science-based workout programs and tracking.
- FitOn: Delivers free streaming workouts in yoga, strength, cardio, and stretching, filterable by body part or type.
- Hevy: A workout tracker for weightlifting, logging exercises, weights, and reps, with progress comparison and social features.
- Home Workout – No Equipment: Daily routines for all major muscle groups, requiring no equipment.
- Nike Run Club: Guided runs, training plans, and music integration for runners of all levels.
- Fiit: Free group classes in various styles (yoga, cardio, weightlifting), with some paid features but high-quality free content.
- Fitness Blender: Hundreds of free, filterable workout videos for all levels, accessible via web or YouTube.

Additional Authoritative Exercise Resources

- ExRx.net: Comprehensive exercise library with over 1,300 exercises, fitness assessment calculators, and reference articles for both professionals and enthusiasts^[9].
- Exercise is Medicine: Global initiative with free educational resources and toolkits promoting exercise as part of health care^[9].
- MedlinePlus: Exercise and Physical Fitness: Reliable, up-to-date health information and exercise guides from the National Library of Medicine^[9].
- American Council on Exercise (ACE): Evidence-based exercise programming, articles, and free resources for all fitness levels^[10].
- [YouTube Channels]:
 - Yoga With Adriene, MadFit, POPSUGAR Fitness, Boho Beautiful Yoga: Free classes covering yoga, dance, strength, and general fitness routines^[8].

These resources are free, reputable, and designed to help you build and maintain an active lifestyle, whether you're looking for general movement, structured exercise, or specialized fitness programs.



1. <https://www.nutrition.gov/topics/exercise-and-fitness>
2. https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
3. <https://odphp.health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-adults>
4. <https://www.cdc.gov/healthy-weight-growth/physical-activity/getting-started.html>
5. <https://www.nia.nih.gov/health/exercise-and-physical-activity>
6. <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.htm>
7. <https://snaped.fns.usda.gov/resources/nutrition-education-materials/physical-activity>

8. <https://chphealthmt.org/news/free-exercise-resources>
9. <https://library.mercyhurst.edu/c.php?g=603892&p=4185233>
10. <https://www.webmd.com/fitness-exercise/health-and-fitness-resources>