

Sheltering at Home

With so many Americans staying home due to the Coronavirus, many organizations have gone online to help us all stay engaged and connected with one another.

See below for some resources you can use for fitness, wellness and staying connected with family and friends.

TIPS ON HOW TO STAY ACTIVE & ENGAGED AT HOME

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With so many Americans staying in amid the Coronavirus, many organizations and small businesses have gone online to help us all stay engaged and connected with one another.

We also need to stay connected with loved ones, family and friends while sheltering in place. There are many apps to use to stay in touch like FaceTime and Skype but there are also lesser known apps to try as well like Marco Polo and Zoom which provide a fun way to stay in touch.

Below are several resources you can use for fitness, wellness, staying connected with friends and family and entertainment and culture to explore at home.

ENTERTAINMENT

With movie theaters closed, movies will be released in streaming apps on the same day as their scheduled theatrical releases. Movies will be available to you for a 48 hour rental period for a suggested \$19.99 fee. Hulu is offering an \$18.99 monthly bundle that includes Hulu & Disney+ ad free.

The Metropolitan Opera has complimentary daily performances available at 6:30p. Visit metopera.org/user-information/nightly-met-opera-streams or through the Met Opera on demand app for Apple, Amazon, Roku and Samsung smart TV.

You can also enjoy 100s of Broadway shows at home for \$7.99 per month at www.broadwayhd.com, they are offering a 7-day free trial to try before you buy.



STAY CONNECTED

We all need to continue to maintain our relationships with friends and family through this difficult time. You can use Facetime and Skype to continue game nights and book clubs online.

The Zoom app can be used to keep children connected with their classmates and friends with online play dates and meetups while out of school. Marco Polo is another fun, lighthearted way to stay in touch - take your text streams and voicemails into the app for more face to face interaction with friends and family.



FITNESS

The YMCA is offering online classes for all ages including low-impact, yoga, weightlifting and youth classes, visit www.ymca360.org to browse the classes available to stream from home. Planet fitness is also offering a variety of free online classes on their YouTube channel, www.youtube.com/planetfitness

Several fitness apps have opened up all classes for use through July 1st, the DownDog app provides yoga, HIIT & barre classes free through July 1st for students and teachers, 19 Minute Yoga is offering free live streamed yoga classes on their YouTube channel, Peleton is offering an extended free 90 day trial - in app Peleton exercise do not require any Peleton equipment, and many local and smaller fitness studios are live streaming classes on their Facebook accounts.



WELLNESS

With the libraries closed, use the Libby app to access hundreds of books for free, digital and audio books available. Apple Books is also offering a free stay at home collection of free read-alongs for kids, cozy mysteries and audiobooks.

There are also mindfulness and meditation apps available for free to reduce anxiety and improve sleep. Headspace has created a weathering the storm collection and the Calm app has a free resources page offering free collections during the Coronavirus.



EXPLORING MUSEUMS AROUND THE WORLD & YOUR NATIONAL PARKS

Museums across the world have opened their doors virtually and are offering virtual tours including the Metropolitan Museum of Art in New York, the National Museum of Natural History, the British Museum and the Louvre.

MUSEUMS, ZOOS & AQUARIUMS

Search #MuseumFromHome on Instagram to see live videos of museums around the world or visit Google Arts & Culture to explore over 500 Museums & Galleries Worldwide.

The platform allows users to browse through museum collections or use Google Street View to wander the halls of museums as though you are walking through them in person. Museums included on the site include The Metropolitan Museum of Art, New York City's Museum of Modern Art, the Van Gogh Museum, The Louvre and The National Gallery in London... You can even experience the famous spiral ramp inside the Guggenheim Museum.



Below are other museums, zoos and aquariums offering virtual tours and live streams:

- National Museum of Natural History - virtual tours online, naturalhistory.si.edu/visit/virtual-tour
- San Diego Zoo, Monterey Bay & Georgia Aquariums - live cams of animals from beluga whales to penguins, sea otters and koalas
- Vatican Museums - All of the Vatican museums are available to view online at museivaticani.va, the Sistine Chapel is especially breathtaking
- At britishmuseum.withgoogle.com you can view the Museum of the World featuring historic art pieces and cultural items from 2,000,000 BC to present day



NATIONAL PARKS & MONUMENTS

If hiking and camping are more your speed, you can explore Yosemite National Park like never before at virtuallyosemite.org, the Statue of Liberty, Denali National Park & Reserve and Devil's Tower National Monument are a few of the other parks you can explore.

There are dozens of other national parks and national monuments you can visit from the comfort of your home by searching the national park's website, www.nps.gov, and use the find a park tool on the main page. Many parks also have webcams running including Glacier National Park.