

Mental and Physical Wellness Digital Apps

Mental Wellness Apps

headspace Headspace

There are a lot of unknowns in the world right now. But one thing is certain — **Headspace is here for you**. To help support you through this time of crisis, we're offering some meditations you can listen to anytime. These are part of a larger collection in the Headspace app — free for everyone — called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

<https://www.headspace.com/covid-19>



TEN
PERCENT
HAPPIER

Ten Percent

We want to deeply thank and recognize healthcare workers all over the world who are responding to the COVID-19 pandemic. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, we would like to support you by offering free access to the app.

<https://www.tenpercent.com/care>



Smiling Mind

We're here to help you remain inspired, stay connected and foster good mental habits during the Coronavirus crisis. Thrive Inside is a special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

<https://www.smilingmind.com.au/thrive-inside>

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8 T 416 425 6220 T 800 363 2440 F 416 425 6591 hollandbloorview.ca

A teaching hospital fully affiliated with the University of Toronto.



Simple Habit

This popular app, which focuses on five-minute sessions to help busy people develop a daily practice, also has a collection of online resources dedicated to combating anxiety and other feelings around the coronavirus crisis. You'll need to sign up for a free account to access them. In a nice inclusive touch, they're also offering free Premium memberships to anyone who can't afford to pay for them due to loss of income in the pandemic; you can just send them an email..

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

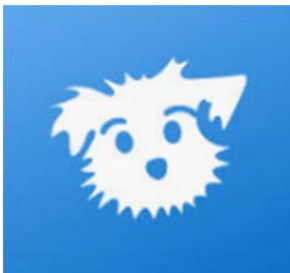
Physical Wellness Apps



Nike Training App

The Nike Training Club app helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts for all fitness levels.

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



DownDog

DownDog app allows you to practice at home, including Yoga for Beginners, HIIT, Barre, and 7 Minute Workouts. Your membership works with any of our apps, on phone, tablet, or web. All staff with a Holland Bloorview email address **will automatically get free membership until July 1**. All you have to do is download the apps and sign up with their

hollandbloorview.ca email or go to

https://www.downdogapp.com/healthcare/instructions/hollandbloorview_ca



Fitness Blender

Reach your fitness goals or maintain your healthy lifestyle with professional training and support from a positive and active online community — for free. It includes ~600 full-length workout videos, a customizable calendar, healthy recipes, and more. <https://www.fitnessblender.com/membership>

worker or first responder, these calls will not be counted on your Membership



Free 90 day Peloton trial

Explore an expansive, ever-growing library of live and on-demand studio classes taught by world-class instructors. Immerse yourself in our breathtaking studio experience anytime you want. Find a new favourite class just around the corner. <https://www.onepeloton.ca/app>



fitbit®

Free Premium Fit Bit Access for 90 days

Given the current circumstances, we know how hard it is to focus on your health and wellness. But staying active, eating nutritious foods, sleeping well, and managing stress are critical to boosting your immunity and your mood. To help support you, Fitbit is offering 40 new pieces of Premium content free in the Fitbit app. In addition, anyone new to Fitbit Premium can get a 90-day free trial of this paid subscription, which includes personalized health insights, health guidance, advanced sleep tools, customized programs, and 150+ workouts from fitness brands like barre3, Daily Burn, POPSUGAR, and Yoga Studio by Gaiam, to help you stay active at home. If Premium isn't available in your region, and you haven't tried Fitbit Coach yet, we're offering a 90-day free trial, so you can stream video workouts on your phone or computer. To access Premium or Coach, all you have to do is visit the Fitbit app.



Centr with Chris Hemsworth

Chris Hemsworth's fitness app shares some of the many opportunities he's had to learn about the ways of the fitness world. Join him in your quest to remain active during social distancing. The Centr app's six-week free trial also includes "mindfulness to calm the chaos."

<https://centr.com/join-us>