



Wellbeing tip

No gym? No problem! Stay active without the expense of a gym membership

The gym isn't for everyone—and that's okay! If you prefer to work out in private (without the expense of a gym membership) there are still plenty of ways to reach your fitness goals.

Here are a few simple suggestions to make your at-home workouts just as effective as a gym session:

- **Create a pre-mapped walking route.** Walking is the simplest form of physical activity and can be done anytime, anywhere. Create a walking routine by mapping out a 30-minute circle near your home and planning specific times to walk.
- **Make mindfulness a part of your routine.** Not a fan of loud, crowded gyms? Take advantage of the peace and quiet to incorporate meditation into your fitness routine. Walking and yoga are activities that can be easily combined with a meditation practice. This is especially convenient when you're busy, as you can relax and burn calories at the same time.
- **Join an online gym or class.** Why not exercise in the comfort of your own home? Yoga, dance classes, aerobics, spinning, and other activities can be found online for free or for a monthly fee.
- **Build a home gym.** Gather some free weights and build your own home gym. Even if space is limited, small pieces of equipment can be stored easily in closets or beneath your bed. Can't afford weights or need to save space? Resistance bands are affordable, versatile alternatives.
- **Exercise with a buddy.** Ask a partner or friend to join you for outdoor workouts to build accountability and consistency. If you struggle to show up for workouts, having a partner can make all the difference.



Portal tip

Take resources on the go with the Navigate Wellbeing app

The Navigate Wellbeing app is available as a free download in the Apple App Store and Google Play App Store! This convenient and easy-to-use app is a perfect complement to your wellbeing platform and allows you to:

- Track program activity or review requirements
- Easily track comprehensive health-related behavior (i.e., step count, activity minutes, nutrition, hydration, and sleep hours)
- Participate in group challenges
- Use the message center
- Access recipes, videos, articles, and more

The app syncs with the portal, so up-to-date information is always available from either a mobile device or a laptop. Make sure you take advantage of this free resource!

How to download: Apple devices

1. Open the Apple App Store
2. Search for Navigate Wellbeing
3. Select **Get**
4. After the app downloads, tap it to open and follow the onscreen prompts to log in

How to download: Android devices

1. Open the Google Play App Store
2. Search for Navigate Wellbeing
3. Select **Install**
4. After the app downloads, tap it to open and follow the onscreen prompts to log in