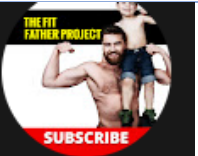



## Virtual Staff Wellness Initiative

A focus on mental, emotional, and physical health.

	Core Power Mindfulness	<a href="https://www.corepoweryogaondemand.com/keep-up-your-practice?utm_source=cpy&amp;utm_medium=yod-get-started">https://www.corepoweryogaondemand.com/keep-up-your-practice?utm_source=cpy&amp;utm_medium=yod-get-started</a>
	Pamela Reif Channel	<a href="https://www.youtube.com/channel/UChVRfsT_ASbZk10o0An7Ucg">https://www.youtube.com/channel/UChVRfsT_ASbZk10o0An7Ucg</a>
	Trigger Point	<a href="https://www.youtube.com/playlist?list=PLVnT_WogjJBu6jy-xZl_W8BlHW9EyxMo">https://www.youtube.com/playlist?list=PLVnT_WogjJBu6jy-xZl_W8BlHW9EyxMo</a>
	LaRox Foam Rolling	<a href="https://www.youtube.com/channel/UCCqLr3GsXYPmgisQRT-hwkQ">https://www.youtube.com/channel/UCCqLr3GsXYPmgisQRT-hwkQ</a>
	Pilates	<a href="https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg">https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXSg</a>
	Wellbeats	<a href="https://www.youtube.com/user/fitnessonrequest">https://www.youtube.com/user/fitnessonrequest</a>
	Fitness Blender	<a href="https://www.youtube.com/c/fitnessblender/videos">https://www.youtube.com/c/fitnessblender/videos</a>

	DancePl3Y	<a href="https://www.youtube.com/watch?v=kdm1wVIA4OE&amp;list=PLTfstHhuPAIMjHGmRsf3CmbZ_PVq7NtTa">https://www.youtube.com/watch?v=kdm1wVIA4OE&amp;list=PLTfstHhuPAIMjHGmRsf3CmbZ_PVq7NtTa</a>
	Planet Fitness at Home Workouts	<a href="https://www.youtube.com/user/planetfitnessnh">https://www.youtube.com/user/planetfitnessnh</a>
	Treadmill TV	<a href="https://www.youtube.com/channel/UCq5O2ZfzRQChMdahnpKpGVg">https://www.youtube.com/channel/UCq5O2ZfzRQChMdahnpKpGVg</a>
	Angie Fitness TV	<a href="https://www.youtube.com/c/TheBeachbodymom/videos">https://www.youtube.com/c/TheBeachbodymom/videos</a>
	Jessica Smith TV	<a href="https://www.youtube.com/c/Jessicasmithtvfit/videos">https://www.youtube.com/c/Jessicasmithtvfit/videos</a>
	Walk at Home	<a href="https://www.youtube.com/user/walkathomemedia">https://www.youtube.com/user/walkathomemedia</a>
	King Sports	<a href="https://www.youtube.com/c/DeepSnap/videos">https://www.youtube.com/c/DeepSnap/videos</a>
	Twice the Speed TV	<a href="https://www.youtube.com/user/ TwiceTheSpeed1">https://www.youtube.com/user/ TwiceTheSpeed1</a>
	Xcelleration Fitness	<a href="https://www.youtube.com/channel/UCE6s9IjzhJhbW8x7mkTTHmA/videos">https://www.youtube.com/channel/UCE6s9IjzhJhbW8x7mkTTHmA/videos</a>
	Live Strong.com Women	<a href="https://www.youtube.com/user/LivestrongWoman">https://www.youtube.com/user/LivestrongWoman</a>
	Redefining Strength	<a href="https://www.youtube.com/c/RedefiningStrengthCostaMesa/videos">https://www.youtube.com/c/RedefiningStrengthCostaMesa/videos</a>
	Sydney Cummings	<a href="https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA">https://www.youtube.com/channel/UCVQJZE_on7It_pEv6tn-jdA</a>

	Fit Father Project	<a href="https://www.youtube.com/channel/UCKvJ_vxZZoN5yeWBU2CVGcQ">https://www.youtube.com/channel/UCKvJ_vxZZoN5yeWBU2CVGcQ</a>
	Heather Robertson	<a href="https://www.youtube.com/c/Heatherrobertsoncom/videos">https://www.youtube.com/c/Heatherrobertsoncom/videos</a>