Physical Activity Resources:

**Fitness**

<https://www.fitnessblender.com/videos>

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

Free in-home workouts <https://www.planetfitness.com/>

Periodic table of Bodyweight Exercises <https://www.cbhpe.org/periodic-table-youtube>

**Yoga**

Yoga App <https://19minuteyoga.com/>

Yoga Videos <https://yogawithadriene.com/free-yoga-videos/>

**Dance**

Record a TikTok Dance 

**Mountain Biking**

Biking Techniques <https://www.rei.com/learn/expert-advice/mountain-biking-techniques.html>

Biking for Beginners <https://www.rei.com/learn/expert-advice/mountain-biking-beginners.html>

**Rock Climbing/ Bouldering**

Bouldering basics <https://www.rei.com/learn/expert-advice/bouldering.html>

Rock Climbing basics <https://www.rei.com/learn/expert-advice/getting-started-rock-climbing.html>

**Hiking & Orienteering**

How to Read a Topo Map

 <https://www.rei.com/learn/expert-advice/topo-maps-how-to-use.html?series=intro-to-navigation>

How to Use a Compass <https://www.rei.com/learn/expert-advice/navigation-basics.html>

Backpacking <https://www.rei.com/learn/expert-advice/backpacking-clothes.html>