

## Meditation Apps

Meditation can help during this time. If you've looked into meditation apps and services, you know that most of them charge a monthly or annual fee. Personalized meditation app, Balance is providing free one-year subscriptions throughout the month.

After installing Balance, the app will walk you through a series of questions designed to tailor a meditation plan to your specific needs or preferences. For example, having trouble sleeping? You can choose that as one of your priorities. When that part's done, the app will start with you a quick sample meditation.

**To get the free on year prescription, email [access@balanceapp.com](mailto:access@balanceapp.com) for instructions — and please share with others who might benefit.**

## Work Out Apps

**Peloton:** You don't have to have a Peloton bike to take advantage of the app's workouts, especially since they just made it free for the first 90 days. The app features a live studio broadcasts with trainers that guide you through exercises in running, cycling, strength training and exercises you can do outdoors. The live classes vary in length, and you can schedule them to fit your day.

**Nike Training Club:** Featuring individual and multi-week programs designed by trainers, the Nike Training Club app is a great free resource to reach your fitness goals and keep in shape during this period of social distancing. Classes include strength, endurance, yoga and mobility, and the app also lets you track overall health metrics such as food and sleep habits.

**FitOn:** Want to work out like a Hollywood star? Join celebrity trainers (and celebrities like Gabrielle Union and Queer Eye's Jonathan Van Ness) for guided workouts in barre, yoga, cardio and strength training. The app also features prenatal and postnatal classes for pregnant women and new mothers to also stay fit.