Move Your Body

Free fun ways to get your body moving today

YouTube subscriptions

Jessamyn Stanley

Yoga with Adriene

Walk at Home

POPSUGAR Fitness

Yes2Next

Yoga with Tim

MadFit dance workouts

Downloadable programs for running and home workouts

Couch to 5K

Couch to 5K printable plan

Runkeeper

Zombies, Run!

Nike Run Club

Charity Miles

Strava

Online fitness classes

Healthier Texas offers free Zoom classes at home. A calendar with different types of classes is available on their website to join.

Austin walking trails

Wheelchair friendly trails