

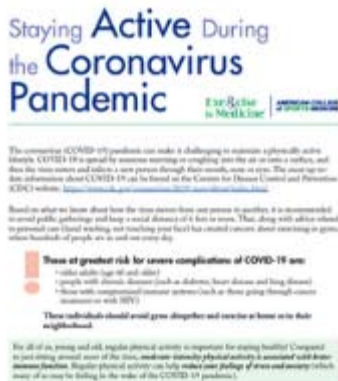
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COVID-19 Edition

ACSM is dedicated to supporting and promoting health through physical activity. Amid concerns around the coronavirus disease 2019 (COVID-19) pandemic, individuals in communities across the country and around the world are being encouraged to stay home. Below you will find many resources to help you continue to stay physically active while at home.

Staying Active During COVID-19



Based on currently available recommendations from the Centers for Disease Control and Prevention, Exercise Is Medicine[®] has made recommendations in regard to physical activity during the COVID-19 pandemic. Liz Joy, M.D., M.P.H., FACSME, wrote a [blog post](#), and a [free, downloadable](#) [handout](#) is also available.

The Physician's Perspective on COVID-19 | ACSM Podcast

Co-hosts of ACSM's podcast "The Sports Medicine Checkup," Tina Master, M.D., FACSM, and Alex McDonald, M.D., discuss their perspectives from the front lines of the current health environment in the United States during the COVID-19 pandemic. Recorded on March 20, 2020. [Listen now!](#)



Ten Sought-After Functions in Workout Apps | Infographic



While people are at home and fitness facilities are closed during the COVID-19 pandemic, fitness or workout apps can be a good option to motivate you to stay active.

Industry professional James Peterson, Ph.D., FACSM, has put together a list for *ACSM's Health & Fitness Journal*[®] of the top 10 most sought-after functions in these apps.

[Read the full article.](#) [Download the infographic.](#)

Time Saver Fitness | High-Intensity, Body Weight Fitness Circuit

Looking for a quick workout that you can do at home without any equipment? Check out this [12-step HIIT workout](#) that you can do anywhere, any time. Also known as the "Seven-Minute Workout," this plan includes aerobic, strengthening and core stability exercises.





More Valuable Resources

[Resistance Training for Health | Infographic](#) (from the ACSM Resource Library)

[Four Ways to Develop a Healthy Mindset](#) (from ACSM's Resource Library)

[Starting a Walking Program | Handout](#) (from the ACSM Resource Library)

[Selecting Home Weight Room Equipment | Infographic](#) (from the ACSM Resource Library)

[Selecting and Effectively Using Free Weights | Handout](#) (from ACSM's Resource Library)

[Exercise for Relaxation, An Approach to Well-Being](#) (from the ACSM Certification Blog)

[Building Emotional Resilience](#) (from *ACSM's Health & Fitness Journal*[®])

[Access EVEN MORE valuable resources for staying active at home!](#)

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