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## Your Guide to Staying in Shape Without the Gym

With the spread of COVID-19, gyms, yoga studios, pools, and other fitness facilities have notified their patrons that they will close for now and reopen when it is safe to do so. Whether you're an avid gym-goer or a dedicated yogi, you're probably wondering how to stay on track with your healthy habits and focus on self-care. We've rounded up some informative resources to help you stick to your yoga practice, keep up with your strength training, and unwind after a stressful day.

### **Essential Elements of Fitness**

[How to Eat Healthy on a Budget](#)

[Home Fitness: How to Choose Exercise Equipment and Where to Place It](#)

[The 11 Best Supplements for Building Muscle and Mass](#)

### **Full-Body Workouts**

[Full Body Dumbbell Workout You Can Do at Home](#)

[The Ultimate Home Six-pack Workout](#)

[13 Killer Exercises to Mix Into Your HIIT Workout](#)

## **Yoga Away From Your Studio**

[How to Start a Home Yoga Practice](#)

[How to Safely Do Yoga Inversions at Home](#)

[10 Best Essential Oils for Yoga](#)

## **Relax and Unwind**

[How to Start Journaling For Better Mental Health](#)

[Relaxing Bath Ideas: 9 Tips for a Perfect Bath](#)

[Meditation for Beginners](#)

## **Helpful Services**

[13 Free Online Workouts to Try While You're Stuck at Home](#)

[Order Costco Delivery to Your Home](#)

[7 Apps That Can Teach You How to Cook Like a Pro](#)

The widespread closures of fitness centers may be disappointing, but in light of current events, working out at home is the safest option. If the temporary closure of your gym or yoga studio has you worried that you'll lose all the gains you worked for, take a deep breath - these resources have got you covered.