



MOTivating patients to Voluntary physical Exercise Outside Nursing programmes

Project number 101131324 | ERASMUS-SPORT-2023-SSCP

GUIDE to Sport and Physical Activity

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TABLE OF CONTENTS

Introduction

Movement starts with Motivation – How to Start Moving and Keep Going

Why is movement good for you?

How can *you* find the right activity?

Now It's Your Turn – Choose Your Kind of Movement

Dancing

Walking

Mindful Movement and Relaxation

Ball Games

Water Sports and Water Activities

Cycling

Strength Training

Climbing

Target and Coordination Games

Tips for a Healthy Lifestyle

My Healthy Day: A Simple Daily Routine

Who can help you?

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Introduction

This guide was created especially for you – to help you move more, feel better, and live a healthier life. It was developed by a team of sports and health experts from Austria, Spain, Italy and Portugal. The team includes staff from the Hospitaller Order of St. John of God and the Sisters Hospitallers of the Sacred Heart of Jesus, people who care about your health and well-being.

Together, we worked on this guide as part of the European MOVE ON project. Our goal is to give you simple, useful tips for exercise, health, and well-being – whether you're just getting started or looking for new ideas.

This guide is for everyone – no matter your age, background, or ability. You can start slowly and find what feels good for you. Remember: you don't have to be perfect – you just have to begin. We hope this guide inspires you to take small steps toward more movement, more joy, and a stronger you.

You are not alone – we are with you on this journey.

This Guide is for you

This guide is for everyone who wants to move more and feel better – in body and mind. No matter where you are starting from – you can begin today.

It is especially for people who:

- are regaining strength and energy after an illness or rehabilitation,
- have moved to a new country and want to build a new, active routine,
- want to take care of their mental and emotional well-being,
- live with physical or cognitive challenges and want to move in a way that works for them,
- simply want to feel healthier, happier, and more connected through movement.

Please talk to your doctor before you start a new exercise or movement programme – especially if you have any health problems!

This guide will help you find the kind of movement that feels good – at your own pace and in your own way.

Whether you are just getting started or looking for new ideas, you will find support, simple tips, and motivation to help you take your next step toward a more active and joyful life.



In this guide, you will find:

- **Practical tips** for moving your body – indoors and outdoors
- **Helpful suggestions** on healthy food, better sleep, and how to relax
- **Useful contacts** and places where you can get support

Movement starts with Motivation – How to Start Moving and Keep Going

We all know this feeling: You *want* to move... but you don't feel like it. This is totally normal – **everyone struggles sometimes**

Why is it sometimes hard to get moving?

There are many reasons:

- You're feeling low or overwhelmed
- You're unsure where to start
- You think you're not "fit enough"
- You don't want to do it alone
- You're waiting for the "perfect" time

These are real feelings – but they don't have to stop you.

How to motivate yourself – and stay motivated

1. Start small – and start easy

Don't wait for the perfect day or big energy burst.

Try this:

- Do 3 minutes of stretching while sitting
- Walk around the house or up and down the stairs
- Put on music and move your arms to the beat

Small steps count. They lead to bigger ones.



2. Do something you actually enjoy

Movement doesn't have to be a chore.

Forget what others do – choose what feels good to *you*.

Examples:

- Dancing alone in your room
- Watering plants and moving around
- Walking while listening to music or a podcast
- Playing with your child, dog, or ball

Joy creates motivation. Fun makes it easier to keep going.

3. Make it easy to begin

Lower the barrier. Be kind to yourself

Try this:

- Lay out your comfy clothes ahead of time
- Don't aim for "a workout" – just aim to *move a little*.
- Some days you need rest. That's okay. Missing a day is not failure. Just begin again.

The hardest part is often getting started – so make it simple.

4. Connect movement to your "why"

Remind yourself why you want to move. Not because you *have to*, but because it helps you feel better.

Ask yourself:

- "How do I want to feel after this?"
- "What small benefit will I get today?"
- "What is movement helping me with in life?"

A strong "why" keeps you going – even when motivation fades.

5. Track your small wins and reward yourself

Every little movement is a win – acknowledge it!

Try this:

- Tick off a calendar day when you moved
- Write down how you felt after
- Treat yourself after movement: a cup of tea, music, time to relax

What gets celebrated, gets repeated.



6. Create a routine

Try to move at the same time each day or week.
This helps you build a habit. For example:

- A short walk after breakfast
- Gentle stretches before bed
- Dancing every Friday evening

On low-energy days: Try these kind thoughts

When you think: I'm too tired.

Try saying instead: **Just 5 minutes of movement might give me energy.**

When you think: I don't feel like it.

Try saying instead: **I'll start small – and see how it feels.**

When you think: I'm not good at this.

Try saying instead: **I'm allowed to go at my own pace.**

When you think: What's the point?

Try saying instead: **Moving helps me feel better, one step at a time.**

Your Motivation TOOLBOX

- ✓ Start small – 3 to 5 minutes is enough
- ✓ Choose what feels good to you
- ✓ Keep your goal visible – your “why” matters
- ✓ Use simple “if–then” action plans
- ✓ Celebrate progress, not perfection
- ✓ Ask a friend to join you or support you
- ✓ Be kind to yourself – always

You are capable.

You are allowed to move in your own way.

You don't have to do it perfectly.

You just have to begin.

One small step is all it takes.



Why is movement good for you?

- Your **body gets stronger**
- You can **move more easily**
- You get **more energy**
- You can **sleep better**
- You feel **happier and more relaxed**
- You can **meet new people** and feel more connected

How can you find the right activity?

There are many different ways to move.

And the good news is: **There is no right or wrong – just what feels good for you.**

Maybe you're just starting out. Maybe you want to try something new.

This guide can help you find **your way**.

Some activities are clear and structured. Others are more free and creative.

You get to choose what feels safe, fun, or meaningful – **in your body, your life, and your pace.**

The questions below help you find out what you like and what offer fits you best.

If you want, you can answer the questions with the help from another person who knows you well!

Why do you want to move?

People move for different reasons.

Think about what *you* want from movement:

- **Get better and feel stronger:**
"I want to improve, try new things, and reach my goals."
- **Stay healthy:**
"I want to feel good and take care of my body."
- **Show my feelings:**
"I want to express emotions and be creative."
- **Have fun:**
"I want to enjoy movement, laugh, and play."
- **Be outside in nature:**
"I like to feel the sun, wind, and fresh air."
- **Use my energy:**
"I want to move a lot, sweat, and let go of stress."



- **Relax and calm down:**
"I want to feel peaceful and breathe deeply."

How do you like to move?

Everyone moves differently. What feels right for you?

- **With clear steps:**
"I like routines and knowing exactly what to do."
- **Freely and naturally:**
"I like to move how I want – no rules, just fun."
- **A bit of both:**
"I like some structure but also some freedom."

Who do you want to move with?

You can move alone, with others, or in a team.

- **Alone:**
"I enjoy moving by myself."
- **With a group:**
"I like being active with other people."
- **With contact:**
"I enjoy movement with touch – like dancing or team sports."

How much do you want to decide?

Think about how involved you want to be:

- **Just join in:**
"I'm happy to do what's already planned."
- **Give ideas:**
"I'd like to help decide what we do."
- **Lead it myself:**
"I want to create or lead the activity."

What helps you take part?

What makes it easier for you to join?

- **Easy to get there:**
"It should be nearby, without stairs, and easy to understand."
- **Beginner-friendly:**
"I want to join even if I've never done it before."
- **With help:**
"I feel safer if someone supports me or comes with me."



Other practical things to think about

- **Money:**
"Does it cost anything? Can I afford it?"
- **Clothes or gear:**
"Do I need anything special to take part?"

Tip: You don't need much to start – just comfortable clothes, a little space, and the wish to move. Everything else can grow with time.

IMPORTANT

Take your time – this is your journey.

Start small. Listen to your body.

Try something, and see how it feels.

Movement can be strong or soft, quiet or loud, alone or shared.

You decide what works for you.

You set the pace.

And remember: Every step you take is already a success.

Now It's Your Turn – Choose Your Kind of Movement

You thought about your goals, how you feel, what kind of support you need, and how you like to move – alone or with others, with freedom or guidance.

Now it's time to look at different types of movement.

On the next pages, you will find simple examples of movement activities. Each one is described including:

- What it is
- Variations of the movement
- How much structure or guidance it includes (little – a lot)
- If you can do it alone or in a group
- Who it's good for

You don't have to choose just one.

You can try different things, mix and match, or start with something small and gentle.

The most important thing is:

Find movement that feels good for YOU. It should match your life, your body and your needs. Let's begin!

Dancing



Dancing is moving your body to music. You can dance alone, with a partner, or in a group. Some people enjoy dancing freely at home, while others like to follow steps in a class. If you enjoy rhythm, music, or expressing yourself through movement, dancing can bring joy and energy to your day. It can be slow and gentle or fast and full of power.

Variations:

- Free dancing at home
- Group dance classes
- Partner dances
- Seated or slow dancing for people with limited mobility
- DanceAbility (inclusive dance for all abilities)

Structure: The structure can be low, like free dancing at home, or medium, like following steps in a group class.

Alone or group: Both

Good for: People who enjoy music, creativity, fun and expression

Walking



Walking is one of the easiest ways to move. You can walk outside in nature or in the city, on flat paths or in hills. Some people like walking alone to relax. Others enjoy group walks and social connection. You can walk slowly or quickly, for long or short distances. It's a flexible activity that fits most situations and energy levels.

Variations:

- Walks in the park or forest
- Nordic walking with poles
- Group walks or walking clubs
- Short walks around the house
- City walks or “walk and talk” with a friend
- Therapeutic walking for recovery or support

Structure: The structure can be low, like walking alone at your own pace, or medium, like joining a group walk with a guide or plan.

Alone or group: Both

Good for: People who enjoy fresh air, nature, or gentle movement

Mindful Movement & Relaxation



Mindful movement includes gentle ways to move, breathe and slow down. This can be stretching, yoga or simple breathing exercises. It helps people feel calmer, more focused and more balanced. Whether you prefer to relax on your own or with others, this is a soft and healing way to connect body and mind.

Variations:

- Gentle yoga (floor, chair, restorative, or laughter yoga)
- Deep or guided breathing
- Progressive muscle relaxation
- Guided meditation
- Slow stretching or mindful walking

Structure: The structure can be low, like doing breathing exercises on your own, or high, like following a guided class or a therapy session.

Alone or group: Both

Good for: People who feel stressed, tired, or need calm, balance and slow movement

Ball Games



Ball games are playful ways to move, using balls of all sizes. You can throw, catch, roll, or kick. Some games are simple and fun or follow rules. Many people enjoy ball games for social connection, teamwork, and energy. Whether you like fast action or light activity, there's a version for you.

Variations:

- Football, volleyball, basketball, floorball etc.
- Simple catch or roll games
- Seated ball games
- Balloon or beach ball games (low impact)
- Adapted team sports for people with disabilities

Structure: The structure can be medium, like in playful ball games with simple rules, or high, like in team sports with fixed rules and positions.

Alone or group: Usually group

Good for: People who enjoy playing with others, energy and fun

Water Sports and Water Activities



Water offers many opportunities for movement – from relaxing to sporty.

It strengthens the body, promotes endurance and coordination, and is often simply fun. Thanks to its low impact on the joints, it is ideal for people with pain, mobility limitations, or recovering from injuries. In addition to swimming, there are many other activities in and on the water.

Variations:

- Free swimming, aqua aerobics, aqua fitness, or aqua jogging
- Swimming lessons and therapeutic swimming
- Relaxation in warm water (e.g., floating, spa)
- Water sports such as canoeing, stand-up paddling, rowing, sailing, or windsurfing
- Snorkeling, diving, playing, and dancing in the water

Structure: Low (e.g., free swimming) to high (e.g., courses or therapy)

Alone or in a group: Both are possible

Good for: People who enjoy water, need joint-friendly exercise, or want to combine relaxation and activity

Cycling



Cycling means riding a bike – outside in the fresh air or inside on a stationary bike. It builds strength in the legs and improves endurance. Some people ride alone, enjoying nature or city views. Others join group rides or indoor cycling classes. There are also bikes for people who need extra balance or support.

Variations:

- Outdoor biking on trails or bike paths
- Group rides or cycling with a friend
- Stationary bike at home or in rehab
- Tricycles or adapted bikes
- E-bikes for less effort

Structure: The structure can be low, like riding your bike alone at your own pace, or medium, like joining a guided ride or a spinning class with instructions.

Alone or group: Both

Good for: People who enjoy movement, being outdoors or want gentle cardio exercise

Strength Training



Strength training helps you build muscle. You can use your own body weight, resistance bands, weights or machines. It can be done at home or in a gym. Some people follow simple exercises alone, while others join classes or train with a therapist. It helps you feel stronger and more stable in daily life.

Variations:

- Bodyweight training (e.g. wall push-ups, chair squats)
- Exercises with bands or small weights
- Gym workouts with machines or trainers
- Strength training while seated
- Therapeutic strength exercises

Structure: The structure can be medium, like following basic strength routines on your own, or high, like training with a coach or as part of a therapy program.

Alone or group: Both

Good for: People who want to improve strength, stability and physical function

Climbing



Climbing means using your hands (and feet) to move upward – on walls, boulders or climbing frames. It is a full-body activity that also trains focus and coordination. Climbing can be playful or challenging. Most climbing activities are done with safety support and a partner or group. There are adapted options for many needs.

Variations:

- Indoor climbing walls with safety ropes
- Bouldering (low climbing without ropes)
- Outdoor climbing with a guide
- Therapeutic climbing
- Adaptive climbing for people with disabilities

Structure: The structure can be medium, like bouldering where you climb short routes freely - or high, like guided climbing with safety equipment and support.

Alone or group: Usually with a partner or group

Good for: People who want adventure, build strength or grow self-confidence

Target & Coordination Games



These are games where you aim at a target or control your movement — for example by throwing, catching or hitting something. These activities improve **coordination**, **concentration**, and often involve **simple, clear rules**. They are usually low-impact and can be adapted for different ability levels.

Variations:

- Golf
- Boccia, darts or bowling
- Throwing games with targets
- Tennis (including slower or adapted versions)
- Archery (indoors or outdoors)

Structure: The structure can be medium, like in simple target games with easy rules or high, like in sports such as tennis or archery where you need specific techniques and more guidance.

Alone or group: Can be done alone, in pairs or in a group

Good for: People who enjoy games with focus, want fun and challenge or need low-impact activities that train the body and mind



Tips for a Healthy Lifestyle

Small steps – big difference for your health and happiness

1. Eat Well – Feel Better

What you eat gives your body power. Healthy food helps you stay strong, feel better, and live longer.

- ✓ Eat fruits and vegetables every day – 5 servings is a great goal
- ✓ Choose whole grains and fiber – like oats, brown bread, or lentils
- ✓ Drink 1,5 to 2 liters of water every day — depending on activity and temperature

2. Move Your Body – Boost Your Life

- ✓ Movement is good for your body and your mind – it gives you strength, energy, and a better mood.
- ✓ You don't need much! Walk, take the stairs, stretch, or dance at home

3. Sleep Well – Recharge Your Energy

Good sleep helps your body heal, and your mind stay calm.

- ✓ Try to sleep 7–8 hours every night
- ✓ Reduce screens before bed
- ✓ Do gentle stretches or deep breathing before sleep
- ✓ Listen to soft music or silence to relax

4. Live Smoke-Free – Breathe Easy

Every day without smoking is a win for your body.

- ✓ After just 1 day without smoking, your heart is already safer
- ✓ After 1 year, your risk of heart disease is cut in half
- ✓ Your breathing, skin, and energy improve quickly

5. Take Care of Your Mind – It Matters

Your mental health is just as important as your body.

- ✓ Moving helps your brain feel better – it can reduce sadness and stress
- ✓ Group activities help you feel less alone
- ✓ Time with friends, fresh air, and fun all support your mind

Healthy living is not about being perfect.

It's about small choices, every day – for your body, your mind, and your heart.

You deserve to feel well. Take one small step today.



My Healthy Day: A Simple Daily Routine

A simple day full of good choices – for your body and your mind

Morning

- Drink a glass of water after waking up
(More if it's hot or after movement)
- Do a short stretch or gentle movement
(Even 5 minutes helps you wake up)
- Eat a healthy breakfast
(Add fruit, whole grains, or yogurt)

Mid-Morning

- Take a short walk or move a little
(Fresh air is good for your energy and your mind)
- Smile, breathe deeply, or try a short laugh
(Laughter helps reduce stress)

Lunchtime

- Eat a colorful meal with vegetables, grains, and protein
- Take a 10-minute break – move, stretch, or walk

Afternoon

- Do a short activity you enjoy
(Dance, yoga, nature walk – anything that feels good)
- Maintain social relationships with family and friends

Evening

- Eat a light dinner
(Not too late – and not too salty or sweet)
- Limit screen time before bed
- Relax with calm music, deep breathing, or stretching

Before Bed

- Write down one thing you did well today
- Try a relaxation exercise
- Go to bed at the same time each night
(7–8 hours of sleep helps your body recover)



Bonus Tips:

- Avoid smoking – every smoke-free day makes your body stronger
- Take care of your mental health – movement, rest, and connection all help
- Keep a small log for water, movement, and mood – small steps show big progress

**You don't have to do everything – just start with one or two small steps.
Every healthy choice is a gift to yourself.**

Who can help you?

in Austria

Österreichische Gesundheitskasse (www.gesundheitskasse.at)
(Austrian Health Insurance Fund)SPORTUNION Steiermark (www.sportunion.at/st)
(Sports Union of the Styrian Province)
Caritas Steiermark (www.caritas-steiermark.at)
(Caritas Styria)
Steirischer Behindertensportverband (www.stbsv.at)
(Styrian Disabled Sports Association)
Contact your municipality or town hall

Organisations and initiatives in Styria

- **IKS – Verein zur Förderung der Inklusion durch Kultur & Sport**
Inclusion through ball sports, racket sports and gymnastics for people with and without disabilities (club based in Graz, offers throughout Styria).
<http://www.verein-iks.eu> [SPORTUNION Österreich](http://www.sportunion.at)
- **Steirischer Behindertensportverband (StBSV)**
Umbrella organisation for sporting events, competitions and training programmes for people with disabilities in Styria.
<https://www.stbsv.at/> stbsv.at
- **Bewegungsland Steiermark**
Nationwide programme of the umbrella associations ASKÖ, ASVÖ and SPORTUNION with initiatives and funding for more exercise and inclusion.
<https://www.bewegungslandsteiermark.at/> bewegungslandsteiermark.at
- **„Bewegt im Park“ – ÖGK Steiermark**
Summer fitness programme with 87 free outdoor courses (yoga, hula hoop, back fitness) without registration from June to September.



<https://www.gesundheitskasse.at/cdscontent/?contentid=10007.898944&portal=oegkportal> [Österreichische Gesundheitskasse](#)

- **Sportverein PLUS – ASKÖ Steiermark**
Initiative that networks and promotes people interested in sport - with and without disabilities - in order to establish regular exercise groups close to their homes.
<https://www.askoe-steiermark.at/de/service/foerderungen/sportverein-plus> [askoe-steiermark.at](#)
- **Move on to Inclusion – Lebenshilfen Soziale Dienste**
Bietet wöchentlich kostenfreie Sportangebote für Menschen mit intellektueller Beeinträchtigung in ganz Steiermark.
<https://lh-guv.at/Freizeit/Move-on-to-Inclusion-MOI/Move-on-to-Inclusion-Sport> [lh-guv.at](#)
- **SportFinder**
Offers free weekly sports programmes for people with intellectual disabilities throughout Styria.
<https://www.sportfinder.at/> [MeinBezirk.at](#)
- **Diözesansportgemeinschaft Steiermark (DSG)**
Catholic sports club with inclusive exercise programmes for all age and ability groups throughout Styria.
<https://www.dsg.at/> [dsg.at](#)
- **Jugend am Werk Steiermark**
Social service provider with a wide range of leisure and sports programmes for people with disabilities at over 160 locations in Graz and the surrounding area.
<https://www.jaw.or.at> [Wikipedia](#)

Sport offers in Graz

- **IKS – Verein zur Förderung der Inklusion durch Kultur & Sport**
(see above): Based in Graz, including sports programmes for children, young people and adults.
<http://www.verein-iks.eu> [SPORTUNION Österreich](#)
- **Sport Mosaik GmbH (Tagesstätte Wiener Straße)**
Offers wheelchair training, athletics, strength/endurance training, speed skating, archery and roller skating for people with disabilities in Graz.
<https://www.mosaik-web.org/content/194/109/startseite/angebote/beschaeffigung-b-f-tab/ts-wiener-strasse/sport-der-ts-wiener-str> [mosaik-web.org](#)



- **Bildungsinitiative für Sport und Inklusion (BISI)**
Non-profit organisation that promotes inclusive sports projects in schools and clubs in Graz and the surrounding area.
[https://inklusionssport.at/ inklusionssport.at](https://inklusionssport.at/)
- **Hand in Hand – SPORTUNION für Menschen mit Behinderung**
Gymnastics and exercise programmes especially for people with disabilities in Graz, organised by SPORTUNION Graz.
<https://graz.sportunion.at/vereine/hand-in-hand-sportunion-fuer-menschen-mit-behinderung/> [SPORTUNION Graz](#)
- **Wochen der Inklusion (Stadt Graz)**
Annual series of free workshops, sports and exercise activities for people with and without disabilities in Graz (next start: 16 June 2025).
https://www.graz.at/cms/beitrag/10371717/7761923/Die_Wochen_der_Inklusion.html [Stadtportal der Landeshauptstadt Graz](#)
- **Gehörlosensportverein, Kultur- und Jugendzentrum Graz (GSV Graz)**
Inclusion association for deaf people with sports, cultural and leisure activities in Graz-Andritz.
<https://www.obsv.at/community/finde-deinen-verein/vereine-steiermark/> [obsv.at](#)

Offers for people with migration experience, mental health problems & after rehab

- **SIQ+ Sport – Integration – Qualifikation (Caritas Steiermark)**
Sports and exercise workshops for refugees and migrants. Costs: free of charge
<https://www.caritas-steiermark.at/hilfe-angebote/flucht-integration/freizeit-kinder/siq-sport-integration-qualifikation/>
- **gemma! (asylkoordination österreich, Steiermark/Graz)**
Joint cycling trips, swimming, volleyball and much more for refugees and locals.
Costs: free of charge
<https://www.asyl.at/de/was-wir-bewegen/projekte/sport-verbindet-gemeinsam-trainieren-gemeinsam-laufen-integration-durch-gemeinsamen-sport/steiermark-graz-gemma/>
- **„Sport verbindet – LebensLauf“ (asylkoordination österreich)**
Running and training meetings to prepare for the LebensLauf für Flüchtlingspolitik.
Costs: free of charge
<https://www.asyl.at/de/was-wir-bewegen/projekte/sport-verbindet-gemeinsam-trainieren-gemeinsam-laufen-integration-durch-gemeinsamen-sport/>



- **KAMA Graz**
Cultural and sports courses by and for migrants (yoga, fitness, dance ...). Costs: voluntary donation (recommended 5-10 €)
<https://www.graz.at/cms/beitrag/10343336/7771507>
 - **pro move – Bewegung und Sport (pro mente steiermark)**
Physical activity and sports groups for people with mental disabilities.
Kosten: usually free of charge or covered by subsidies
<https://www.promentesteiermark.at/projekttyp/sport-und-bewegung>
 - **Reha-Sport Graz-Nord (INJOY Graz-Nord)**
Health insurance-certified rehab sports groups according to a doctor's prescription.
Kosten: Covered by health insurance (co-payment of € 0-10 per unit depending on tariff)
<https://www.injoy-graz-nord.at/trainingsangebot/reha-sport.html>
- Reha-Sport Graz-Süd (INJOY Fitnessstudio Graz-Süd)**
Medically supervised training (coordination, endurance, strength) as prescribed.
Kosten: Covered by health insurance (small co-payment may apply)
<https://www.injoyfitness.at/alle-angebote.html>

Here is a selection of free online sports and exercise programmes in German to take part in:

- **Tele-GYM**
Classic TV and online gymnastics programme with over 50 different training series (e.g. aerobics, yoga, spinal gymnastics), available free of charge on the website at any time.
<https://www.telegym.de/> Wikipedia
- **HAMMER Workouts**
100% free on-demand training with hundreds of strength and cardio classes for all types of equipment - with no subscription or hidden costs.
<https://www.hammerworkouts.de/> HAMMER Workouts
- **bodyboom – das Online-Fitnessstudio**
Free workout videos for at home on PC, tablet or TV, from HIIT to Pilates and yoga.
<https://bodyboom.de/> bodyboom
- **FIT FOR FUN Workout-Videos**
Large selection of free video workouts (Tabata, strength, stretching, functional, cardio) directly in the browser.
<https://www.fitforfun.de/video/workout> FIT FOR FUN



- **ClassPass Home Workout Videos**
Over 4,000 free, on-demand workouts (HIIT, yoga, barre, dance) to do in your living room.
<https://classpass.de/try/home-workout-videos> classpass.de
- **Zone.fit Academy**
Free online courses, live streams and downloadable training plans for daily home workouts.
<https://zone.fit/academy/> ZoneFit
- **Aktion Gesunder Rücken – Online-Trainingsprogramme**
Physiotherapeutically developed online prevention courses for back, joint and whole-body training, often with 100% reimbursement.
<https://agr-ev.de/de/gepruefte-produkte/online-trainingsprogramme> Aktion Gesunder Rücken
- **Remote Health „Reise durch gesunde Bewegungsprogramme“**
Permanent free on-demand course with versatile exercises for more fitness in everyday life.
<https://remote-health.eu/de/Courses/Course?courseId=8fc9bebe-aaa-4292-aec0-08dd3f922731>
- **Gesund Aktiv Älter Werden – Online-Bewegungsangebote**
Exercise videos and instructions especially for older people to train endurance, coordination and strength at home.
<https://www.gesund-aktiv-aelter-werden.de/bewegung/online-bewegungsangebote/> Gesund Aktiv Älter Werden
- **LiveFitAnywhere (YouTube-Kanal)**
Short, stress-free fitness sessions for beginners, e.g. endurance, plank or TRX workouts to join in with.
<https://www.youtube.com/c/LiveFitAnywhere> livefit-anywhere.com
- **Stiftung Gesundheitswissen – Kostenfreie Online-Trainings**
Vielfältige, von Expert:innen entwickelte Bewegungsclips für den Alltag, die einfach mitgemacht werden können.
<https://www.stiftung-gesundheitswissen.de/wissen/mehr-bewegung-aber-wie/leben-mit-sport-und-bewegung> Stiftung Gesundheitswissen
- **Mude – Fitness & Yoga App**
On-demand videos (yoga, HIIT, dance, cross-training) and live sessions directly in the free app.
<https://play.google.com/store/apps/details?id=fit.mude.app&hl=de> Google Play



- **AlltagsTrainingsProgramm (ATP) – Materialien**
Free exercise cards and weekly plans that effortlessly integrate exercise into your daily routine.
<https://www.gesund-aktiv-aelter-werden.de/fachinformationen/bewegungsprogramme/alltagstrainingsprogramm-atp/atp-materialien/> Gesund Aktiv Älter Werden
- **Aktion Gesunder Rücken (AGR) – Online-Trainingsprogramme**
Videos designed by physiotherapists for back health and prevention, available at any time.
<https://agr-ev.de/de/gepruefte-produkte/online-trainingsprogramme> Aktion Gesunder Rücken
- **Bewegung mit Spaß (Special Olympics Deutschland)**
A health and exercise portal designed entirely in plain language with exercise videos, background information and an interactive exercise booklet.
<https://leichtesprache.specialolympics.de/gesundheits-programm/bewegung-mit-spas/>