

## Best... home workout websites

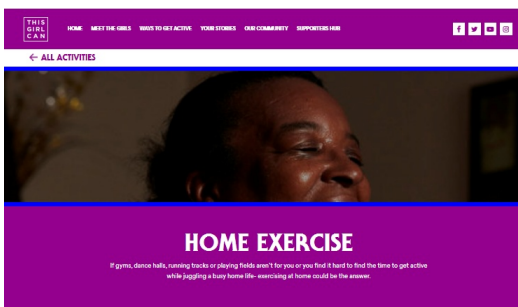


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Home workouts are a cheap and timesaving way to keep fit in the comfort of your own home. The good news is that there are masses of free workout videos on the internet that can help to keep you motivated to workout, whether it be yoga, aerobics or strength training.

Regular exercise has been proven to help [reduce the risk of chronic illnesses](#), such as heart disease, type 2 diabetes and stroke. Research shows that physical activity can also boost self-esteem, energy, mood and sleep quality.

Here are some of our favourites:

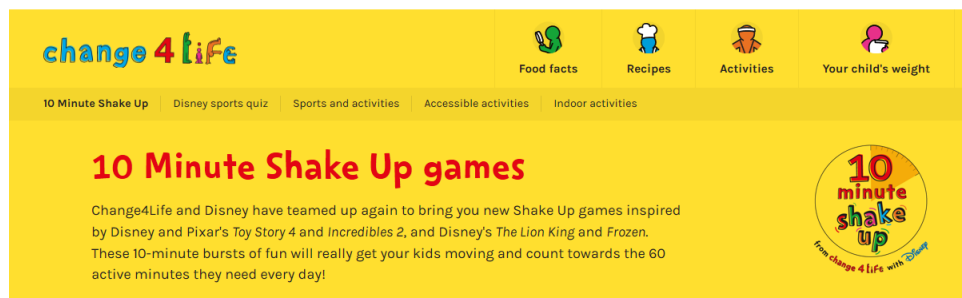


[Home Exercises by The Girl Can](#) Videos and suggested workouts to do

at home

- [Sport England how to stay active whilst your at home](#) Tips and links for staying active from your own home. Whilst this was primarily aimed at activities during the pandemic, it is of course, still relevant today.
- [6 best online exercise videos for Over 60s](#). Again, even though the pandemic has past, these videos are still relevant.
- [The NHS Fitness Studio videos](#) Fantastic free videos from the NHS
- [Fitness Blender free videos](#)

### [10 minute shake up for kids \(but don't let them have all the fun!\)](#)



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## Further reading

This guide from Comparethemarket gives a good overview of the different types of online exercise classes: <https://www.comparethemarket.com/life-insurance/content/online-exercise/>

*Last updated January 2023*

## Next steps

[Best ... healthy living and fitness apps](#)

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[Top ten apps for mental health and wellbeing](#)

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[Best... mental health and wellbeing podcasts](#)

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