

# 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 favourite sites:

## The NHS website

The NHS website has a very helpful [Better Health](#) section with tips for getting active, including some [home workout videos](#). Here you will also find links to free fitness initiatives such as [Couch to Fitness](#) and [This Girl Can](#).

[The Fitness Studio exercise videos](#) on the NHS website have a range of videos including aerobic exercises, strength and resistance, and pilates and yoga.

The NHS website also has a [Live Well](#) section which features a range of exercise videos and guides, including strength and flexibility exercises, running and aerobic exercises, and recommended exercise guidelines for all ages.

## Sport England

Sport England is a fantastic resource for tips and resources on getting and keeping active. It has a great [Get active at home page](#) which includes a collection of recommended fitness websites and apps, both free and paid. This includes links to exercise Youtube channels such as [The Body Coach](#) and [Yoga with Adrienne](#), plus resources for older adults, pregnant women and those with disabilities or long term health conditions.

## Fitness Blender

[Fitness Blender](#) offers a full range of free workout videos including cardio, strength and yoga, as well as paid for workout plans and challenges.

## For older people

There are various websites and Youtube channels dedicated to workouts for older people. You can find a good list of resources on the [Trusted Care](#) website, including the [Move it or Lose it](#) Youtube channel which has an extensive range of home exercise videos.

The [NHS website](#) also has a range of sitting exercises for those who are less mobile.

## For kids

The NHS website Better Health Healthier Families has a range of [indoor activities](#) and [10 Minute Shake Up](#) games to get kids moving inspired by favourite Disney characters – but why not join in the fun!

## Short of time?

The 7 minute workout is a [research-backed](#) workout app that targets all the body's major muscle groups in 7 minutes.

[7 minute workout on Google Play \(Android\)](#)

[7 minute workout on iTunes \(Apple\)](#)

## 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/>


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## Next steps

- ▶ [Best ... healthy living and fitness apps](#)
- ▶ [Top ten apps for mental health and wellbeing](#)
- ▶ [Best... mental health and wellbeing podcasts](#)
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