

Sanity Savers

The *goal* of this document is to list anything and everything that will keep us sane and fit while WFH. Please add virtual workouts, TV shows, books, movies, podcasts, etc. that you like. Please include links, discount codes, or which streaming service if available on wherever possible.

Workouts (all **FREE** unless noted otherwise)

Yoga

- Modo Yoga - Classes on [Instagram Live](#), suggested Venmo/PayPal donations
Donations Requested
- [CorePower On-Demand](#) is for the time being while their studios are closed
- Lunch time yoga pop-up: [Yoga classes](#): **Donations Requested**
- [DownDog apps](#) are free the rest of this month - including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
- [YogaWorks](#) - Free online yoga!
- [Yoga with Adriene](#) - free YouTube classes; has 30-day yoga journeys as well
- [Alo yoga youtube channel](#)
- [Boho beautiful youtube channel](#) (consider supporting them [on patreon](#))
- Black Swan Yoga-Texas donation based yoga studio. They are doing live streamed classes at designated times: <https://blackswanyoga.com/live-feeds/>
- <https://www.yoga2point0.com/> - Virtual Yoga Strength, Strength/Flow, Flow, etc.
Donations optional (\$10/class)
- [Moxie yoga](#)-free live online classes with donation
- [Underbelly Yoga](#) with Yessamyn Stanley - great body-positive yoga instructor, lots of modifications available for beginners (14 day free trial)
-

HIIT

- [7-minutes workout app](#) - a great HIIT workout
- HIIT classes from [Jeanette Jenkins on PopSugar](#)
- [Bodweight HIIT workout](#)
- [Fhitting Room On-Demand](#)
- StudioThree - Instagram Live classes at @7:30am, 12:00pm, and 5:30pm CST every day <https://www.instagram.com/studiothreечи/>
- [Fitnessblender.com](#) - not just HIIT, but does have a lot of great HIIT options. Tons of free workouts for every fitness level, and you can sort by duration/intensity/focus area etc. Always free!
- Rumble - [@DoYouRumble](#) - follow this on IG. Starting March 18th, they'll be hosting HIIT classes live where you won't need equipment
- [HIIT At Home Guide.pdf](#) - no equipment necessary!
- Peloton app has a free trial with 10, 15, 20 minute HIIT classes
- Orangetheory is posting a free, daily workout [here](#) since they are closed until 4/1.

- <https://fitonapp.com/> - I use the iOS app, it is free and has a ton of high quality workouts, stretches, weights / cardio...
- [Big Fit Girl App](#) - body-positive fitness classes with Louise Green, 30 day free trial. Sign up via website or app
- [The Bodycoach TV](#) - 20min video fitness - He is also doing some Instagram live

Pilates

- Solidcore - [15 minute on demand pilates workout](#) ; [20-minute Instagram Live Workouts](#)
- [Pilates streaming workouts](#)
- Melissa Wood Health: 2 week free trial, \$9.99 per month after that; good full body pilates, toning, lengthening, flow series. Variety of length of workouts (10 minutes to an hour)
- Pilates at Home: [LIVE Online Mat Classes](#) **Donations Requested**
 - 3/17 Tuesday 6am & 9am PST | 3/19 Thursday 730am PST

Running

- Nike Run Club on the Apple Watch - use to track your running pace
- [Couch to 5K App](#) for those that want to improve on running
- Walk Run with your kids
- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)
- Mile High Run Club - @milehighrunclub - follow this on IG. They are streaming at-home workouts throughout the day, every day, from their running coaches and trainers!
- [Zombies, Run! app](#) to add some excitement to your run

Dance

- [Wollendance.com](#) - Here's a workout from home option for people who like dance classes (hip hop, zumba, cardio dance, etc.) - You get 14 days free to access the live streaming classes (teacher w/no students from several studios including LaDancefit) and on-demand classes (teacher with students). Past the 14 days you can use manu20 code to get 20% discount.
- Dance Church - <https://go.dancechurch.com/>
- [Tiler Peck](#) (NYC Ballet Principal Dancer) is doing live streamed ballet classes M-F 10am PT/1pm ET on Instagram
- <http://steezy.co/> Free dance classes in different styles
- [justdancenow.com](#) Interactive dance game - connect with mobile app and just copy the moves - multi player supported
- Instagram Live! (@heelsandfeelsuk, @sammileejayne, @raestudiossf, @flydancestudiodublin and more)

Other

- [ClassPass virtual workouts](#)—14 days free and there's a [Salesforce corporate discount](#)

- [Peloton app](#) - App is currently free for new users for 90 days (they have strength, bootcamps, meditation, yoga, and outdoor walking/running classes - no bike needed!)
- [Les Mills Classes](#) (lifting, air-boxing, yoga) - Free for 30 Days - [Link to Sign Up Here](#)
 - Some of their classes are also available for free [here](#) (no account needed)
- The Class - [14 day free trial](#) .
- AArmy — Classes on [Instagram Live](#)
- Tracey Anderson Method - [2 weeks free](#)
- [Carolyn Bathauer's Workout at Home Videos](#) for Salesforce Employees
- Future.fit app and Shred app
- Beachbody on Demand - Recommend 'The Insanity Series'
- Obe Fitness - Free 30 Day Membership (Facebook + Clients)
 - Obé Fitness, an at-home fitness company offering live and on-demand classes (think Soul Cycle meets exercise videos), has extended one month free for Facebookers and clients! **Promo Code: FACEBOOK**
- [15 Online Workouts You Can Do At Home, Instead Of At The Gym](#)
- [3 week upper back and shoulder program.](#)
- Jump rope (if you have a jump rope)
- [MadFit](#) - great at home workouts; mostly body weight, but some have equipment
- [BodyFit by Amy](#) - at home workouts, both body weight and with dumbbells/kettlebells
- Gerard Iervolino's 3-Week 30-Minute Workout Program with How-To Videos: [Google Sheet](#)
- Aaptiv - offers a variety of structured workouts that can be filtered by equipment and type of workout! You can typically find a promo code for 50% off so it's only \$50 for the entire year!
- [Kelsey Letto](#) - free yoga classes, dance classes, workshops (SF Based)
- Ceiling mounted pull up bar to work out the upper body and doing leg lifts on the bar for core work out
- Livestrong - [10 full body workouts, each 35 minutes](#) - no equipment needed
- [12 MinAthlete](#) - good for those who do not have equipment at home
- Follow [@comptrain.co](#) on Instagram for free daily bodyweight workouts
- Nike Training App - tons of free HIIT classes as well as stretching, yoga, cardio..etc
- [8-minute abs](#) -older video but it is a GREAT abs work out,
- [8-minute buns](#) - no equipment needed
- [Strength and HIIT classes](#) - Female Quotient is hosting various 9am PT virtual workouts
- Brit + Co classes are free for the next two weeks: <https://classes.brit.co/learn/> → you will need to use coupon code SELFCARE at the checkout
- [Tone it Up](#) app is free for the next month
- [Les Mills](#) free at home workouts

TV Shows

Netflix

- Love is Blind
- YOU
- Grey's Anatomy (15 seasons)
- Locke & Key

- The Trials of Gabriel Fernandez
- Witcher
- Dirty John
- Broadchurch
- Grace & Frankie
- Arrested Development
- Outlander
- The Ranch
- Queen of the South
- Cheer
- The Kominsky Method
- The Office
- Jane the Virgin
- Schitt's Creek (Seasons 1-5 on Netflix, Season 6 airing now on POPTV)
- The Crown
- Ozark
- Manifest
- Don't F**ck with Cats (Netflix)
- The Good Place (more seasons on Hulu!)
- Luther
- Lucifer
- Peaky Blinders
- Crazy Ex-Girlfriend
- Better Call Saul
- Altered Carbon
- The end of the f***ing world
- Another Life
- good girls
- Money Heist
- Atypical
- Something in the Rain (Korean Romcom)
- Crash Landing on You (Korean Romcom)
- Dark (turn on subtitles or dubbing)
- OA
- Glitch (for those of us missing Australian accents)
- Sherlock (for those of missing British accents)
- The Stranger (short Thriller series)
- Safe (short Thriller series)
- Top Boy

Hulu

- High Fidelity
- Shrii
- Handmaid's Tale (Hulu)
- Castle Rock (Hulu - get your Stephen King fix)
- Brooklyn Nine-Nine
- Scream Queens
- American Horror Story

- Little Fires Everywhere
- Homeland
- Younger
- 4 weddings and a funeral

Amazon

- Marvelous Mrs. Maisel
- Veep
- Flight of the Conchords
- Fleabag
- Curb Your Enthusiasm (Current season airing on HBO!)
- Unreal
- Good Omens
- The Boys
- Hunters (**Jodi's opinion: Trigger warning: this is an anxiety-inducing show and not for those looking for something lighthearted**)
- Man in the High Castle
- Jack Ryan
- Fear The Walking Dead
- Parenthood
- Treadstone
- Picard

Other

- The Stranger
- Succession (HBO)
- Ozark - Netflix
- McMillions - HBO (McDonald's con documentary)
- Kim's Convenience
- Shameless
- Game of Thrones
- My Brilliant Friend (HBO)
- Hornblower (an oldy but a goody, am I right?)
- Last Man on Earth
- Seinfeld
- Always Sunny in Philadelphia
- Chernobyl (HBO, kinda current since there was a botched government quarantine response then too)
- The Plot Against America (HBO, show JUST started on 3/16)
- High Maintenance (HBO)
- Westworld (Season 3 just started on HBO!)
- Stream all the BBC/British TV favorites on [BritBox](#) (7 day free trial)
- Stargirl (Disney+)...good movie for parents with young teenage boys/girls
- Mandalorian (Disney +)
- Insecure (HBO)
- Supernatural (15 seasons!)
- The Walking Dead (10 seasons)
- Billions

- The Loudest Voice
- The Bold Type

Movies

- JOJO RABBIT
- Hunt for the Wilderpeople
- Romi and Michelle
- Alien (1979, Amazon Prime)
- You've Got Mail
- Knives Out
- Marriage Story
- Sean's [Movie List](#) - happy to make curated recommendations
- Shutter Island (Netflix)
- Interstellar (Amazon Prime)
- Parasite (Amazon Prime)
- Bombshell
- [All Broadway Musicals Ever](#) (\$5 monthly donation to PBS)
- Zodiac (A little gory - it is the documentary of the serial killer in late 60's, early 70's)
- [Where to stream all your favorite musicals](#)
- Dumplin

Virtual Experiences

- [Metropolitan Opera to Offer Up 'Nightly Met Opera Streams'](#)
- [12 Famous Museums Offer Virtual Tours](#)
- [Georgia Aquarium Live Stream](#)
- [Quarantainment](#)- crowd sourced google doc from [Alexandra Iyer's post on org62](#)
- Virtual Field Trips - [zoos, animal cameras, museums, etc.](#)
- [NPR's list of Virtual Concerts - living document](#)
- Romper took the time to find [Virtual Rides at Disney](#) documented on YouTube and other sources.
- [Brit.co/learn](#) - two weeks free with code SELFCARE
- [Netflix Watch Party App](#)
- [Jewish Museum](#)
- [How to watch theater around the world from your home](#)
- [Gucci Osteria's Massimo Bottura Virtual Cooking Classes](#)

Live Animal + Pet Webcams

- [Kitten Rescue](#)
- [Kitten Academy](#)
- [Dog Bless You](#)
- [San Diego Zoo Live Cams](#)
- [Monterey Bay Aquarium Penguin Live Cam](#)
- [367 Collins St Melbourne Falcon Live Cam](#)

Books

- [The Orion Adventure](#) (Check out a great fantasy adventure novel written by one of your fellow PMMs. Kids 12 and up will love it, too)
- Dan Brown - Origin
- [That Crazy Perfect Someday](#) (Check out a super awesome surf sci fi book written by Salesforce's Lead Brand Designer - Mike Mazza)
- Have a library card? Download Libby, Overdrive or Hoopla to access free library ebooks, audiobooks, and more
- All of Harry Potter on Audible read by Stephen Fry
- Red Rising Series by Pierce Brown
- The Woman in the Window by A.J. Finn
- Circe by Madeline Miller
- The Goldfinch by Donna Tart
- The whole [Harry Hole](#) book series by Jo Nesbø
- The 7 book series by [Nicci French](#) about Frieda Klein, a psychotherapist who becomes a detective in London

Podcasts

- Crime Junkie
- G
- Wait Wait! Don't Tell Me the NPR News Quiz
- NPR - How I Built This
- This American Life
- Today, Explained
- Science Friday
- The Daily from NYTimes
- Radiolab
- The Slowdown
- On the Media
- Spacepod
- Hidden Brain
- Code Switch
- Invisibilia
- Tara Brach - free guided meditation
- West Cork (audible only)
- Reply all
- Serial
- Dave Ramsey
- RichRoll
- Business Wars
- Code[ish]
- Stuff You Should Know
- Stuff You Missed in History Class
- Getting Curious with JVN
- TED Radio Hour
- Over the Road [Learn about what it's like to be a truck driver - responsible for transporting so much of everything that we buy, touch, eat, ...]
- Ear Hustle
- Point Mystic
- Sandra

- Criminal
- Bad Blood
- Tim Ferriss Show
- Mike Rowe
- Dr. Death
- LadyGang
- The Stacks
- 99% Invisible
- Every Little Thing
- Reply All- dupe
- Feel Better, Live More (with Dr. Rangan Chatterjee - health life-hacks, expert advice that debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax.)
- The School of Greatness (Lewis shares inspiring stories from the most brilliant business minds, world class athletes and influential celebrities on the planet to help you find out what makes great people great.)
- The adventure zone
- The dream
- The shrink next door
- Grumpy old geeks
- My Favorite Murder- True crime Comedy Podcast
- Armchair Expert
- Love Letters
- Modern Love
- Second Life
- The Moth
- What I Wore When
- You're Dead to Me - BBC radio - "The history podcast for people who don't like history..."
- [NPR Chill music 6 hour playlist - Isle of Calm](#)
- Happier with Gretchen Rubin
- Head In The Game - podcast from CHSR about roleplaying games
- Reply All
- Blackout (Starring Ramy Malek)
- Freakonomics radio
- Up and Vanished (true crime)
- Chips with Everything - digital culture / technology podcast

Things for Kids

- [scholastic](#)
- [Cosmic Kids Yoga](#)
 - [Bookflix](#)
- [Monterey Bay Aquarium Sea Cam](#)
- [National Geographic Kids](#)
- [Lunch Doodles](#)
- [SF Public Library](#)
- <https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>
- [30 Educational Netflix Shows](#)
- [Virtual Play Dates - Indy with Kids](#)

- [PS I Made This](#) - Instagram Videos on crafts and DIYs for young kids!
- also see [Hivemind: Strategies for working w/ Kids @ Home](#)
- [Save with Stories](#) - Instagram videos of celebrities reading favorite children's books, for when you want to read to your child but really would like someone else to do it...here you go!
- [“Virtual Windows on the World”](#) Aquariums, Vistas, and Views from the Ohana Blog
- The Cincinnati Zoo is doing a daily Home Safari session (3pm eastern, i think) <https://www.youtube.com/user/CincinnatiZooTube>
- [Art for Kids Hub](#) is a great youtube channel for doing art with kids (fun for adults to follow along too!)
- [Dreambox](#) - great math app that our school uses, but is offering free 90 day trials right now!
- [Kidz to Pros](#) - Online learning platform
- Learn [Martial Arts](#)
- [Virtual Field Trips](#) (Mars! Zoos! Yellowstone! and more!)

Meal Delivery Kits

- Butcher Box <http://fbuy.me/oS2qZ> (\$30 off coupon)
- [Hungry Root](#) - Healthy meal delivery
- Spoonful of Comfort - <https://www.spoonfulofcomfort.com/>
- Green Chef - Paleo, Keto, Vegetarian, Vegan, Meat, Seafood options - <https://greenchef.com/>
- Daily Harvest (Organic farm to frozen meal delivery) - <https://www.daily-harvest.com/>
- Imperfect Produce - <https://www.imperfectfoods.com/>
- Methodology - gomethodology.com
- Crowd Cow - <https://www.crowdcow.com/>
- <https://www.freshly.com/> - Fully-prepared meals are delivered fresh, and ready to eat in 3 minutes

Meditation

- [Calm App](#) - 30 days free
- [Headspace](#)
- [Stop. Breathe. Think](#)
- [YouTube Guided Meditations](#)
- [Camp B-Well Meditations](#) (Salesforce VPN required)
- [Insight Timer app](#) - 35,000 free guided meditations, podcasts, etc (categories: sleep, reiki, anxiety, depression, stress, mindfulness)

Body image issues - resources

This time at home with no access to gyms and no routine and the feeling of food insecurity can feel frightening to a lot of people with a history of food and body image issues. Obviously this is no replacement for therapy, but if you're feeling anxious, these are some great resources.^[1]_{SEP} A lot of folks in that space on Instagram are also providing advice on how to get through this particularly difficult time.

- [Food Psych Podcast](#) with [Christy Harrison](#), Intuitive Eating Nutritionist and overall wealth of knowledge
- Insta: bodyposipanda, chr1styharrison, laurathomasphd, drjoshuawolrich, theernutritionist, kenziebrenna, bodyimage_therapist, virgietovar
- Books:
 - Laura Thomas - Just Eat It
 - Intuitive Eating - Evelyn Tribole & Elyse Resch
 - The Body is not an Apology - Sonya Renee Taylor