

# COVID-19 & the Lupus Community web meeting with Dr. Ramsey Goldman

## Follow up materials

*Dr. Rosalind Ramsey Goldman shared the links below for the benefit of the lupus community.*

*This information is for educational and informational purposes only and serves to benefit our mission. The Lupus Society of Illinois (LSI) does not provide medical advice or recommendations. This information should not substitute or replace expert medical care. Before making changes to your medical care, consult your qualified healthcare professionals familiar with your medical condition and health status.*

### Exercise

#### Yoga

- Up Yoga on Spotify: free audio classes and meditations:  
<https://open.spotify.com/show/7cTx6i45TXkfyVwNz6upII>
- Fitness Blender: anything without the “FB Plus” symbol is free.  
<https://www.fitnessblender.com/videos>
- Yoga Journal:  
<https://www.youtube.com/user/YogaJournal/videos>
- Corepower Yoga –  
<https://www.corepoweryogaondemand.com/keep-up-your-practice/>
- Yoga with Adriene.  
<https://www.youtube.com/user/yogawithadriene>
- Down dog: Free through April 1.  
<https://www.downdogapp.com/>

## Dance

- Pop Sugar:  
<https://www.youtube.com/user/popsugartvfit/featured>
- The Fitness Marshall:  
<https://www.youtube.com/user/TheFitnessMarshall>
- Dance Fitness with Jessica:  
<https://www.youtube.com/user/FitnesswithJessica>
- Zumba with MoJo:  
<https://www.youtube.com/channel/UCADXYROUnd7QxKp4RQRXEIw>
- RedStudio:  
[https://www.youtube.com/channel/UC-2WWk\\_2TkYzYM2dW8UCcXQ](https://www.youtube.com/channel/UC-2WWk_2TkYzYM2dW8UCcXQ)
- Live Love Party:  
<https://www.youtube.com/user/livelovepartyTV>
- Sweaty Betty:  
<https://www.sweatybetty.com/us/workout-videos.html>