

125+ Free Streaming Workouts to Do From Home During Coronavirus

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The [coronavirus](#) crisis has almost all of us stuck in our homes without access to a gym—but in order to stay healthy, [boost our immunity](#) and also just [stay sane](#) and [relieve some stress](#), [exercise is key](#). While it can be tough without friends or your usual trainers around to motivate you, you can still get great results at home with these **free workouts**. Whether you're into Zumba, CrossFit or kickboxing, or working out alone or with your kids, you'll find at least one avenue that will make you feel good inside and out while you're [social distancing](#).

For the best free YouTube workouts, from free weight chest workouts to free dance workouts, or free BeachBody and yoga workouts, we're rounding up all the best free workouts you can stream today. Check out the list for the best free workouts on YouTube, On Demand, ROKU, Amazon Prime, on Instagram/IGTV, on Facebook, as well as the best free workouts from gyms and fitness studios, and the best free kid workouts or yoga for kids.

Free YouTube Workouts

567Broadway!

[567Broadway!](#) workouts, featuring choreography inspired by your favorite stage shows, are available for free on [YouTube](#).

Blocker Yoga

[Blocker Yoga](#) classes range from seated meditation to higher-intensity yoga workouts, all with the goal of cultivating more mindfulness with intentional movement and centered presence.

Boho Beautiful

[Boho Beautiful](#) offers free yoga classes and meditation practices on YouTube.

Corpão Fitness

Corpão Fitness has new workouts every Monday using little to no equipment, and most of them are quick! There's also a [free 10-day home fitness challenge just for ladies](#).

Eric the Trainer

Eric the Trainer, a fitness trainer for stars including [Lauren Cohan](#), [Chris Noth](#), [Patrick Schwarzenegger](#) and more, dropped a workout video with some of his celebrity clients.

Fit By Cris

The **Fit By Cris** channel on YouTube has a ton of workouts that you can do at home with no equipment or using simple household items, like your couch.

Katie Mack

Katie Mack offers workouts for all fitness levels and has creative alternatives for tools if you don't have gym equipment just lying around your living room!

Lisa McLaren

Personal trainer **Lisa McLaren** has a *slew* of workouts for free on YouTube, most of which need little to no equipment beyond occasionally weights.

Lora Cheadle

Lora Cheadle has a ton of workouts, from cardio to [HIIT](#) to sexy dance tutorials, on YouTube to get you through social distancing feeling confident.

OmStars

OmStars has a ton of free yoga videos on [YouTube](#), and you can access their entire library of streaming classes with a two-week free trial on their site.

Pamela Reif

Low on time and don't want the hassle of equipment? **Pamela Reif** offers short workouts without chit chat or gadgets so you can tone up and get back to your [Netflix](#) binge.

PopSugar Fitness

Get amazing workouts you can do at home from **PopSugar Fitness**' YouTube channel, including HIIT, cardio and more.

SassClass

If you like some steam with stream, check out [SassClass](#) dance and fitness classes, aka #SassAtHome, on [YouTube](#). They also offer [two free virtual classes](#) per day for the next two weeks (and the streams will stay online if you can't watch live).

Self

[Self Magazine](#) has a ton of different workouts on their free YouTube channel. These are especially good for more advanced or athletic viewers.

STRONG by Zumba

[STRONG by Zumba](#) has several at-home high-intensity workout options on [YouTube](#). Choose from [7-minute](#), [20-minute](#), and [30-minute](#) classes. There are even [workouts](#) by celebrity personal trainer Erin Oprea, to help you achieve the same fitness goals as your favorite country music stars.

Sydney Cummings

Love variety? You're in luck! [Sydney Cummings](#) posts new workouts daily at 5 a.m. ET on YouTube.

YogaLily Studios

[YogaLily Studios](#) features mini yoga, calisthenics and gratitude sessions.

Zumba With Dovydas

There are a *ton* of amazing Zumba workouts on [Zumba With Dovydas](#)' channel to keep you going through quarantine and beyond.

Free Workouts on Roku

All Fitness TV

[All Fitness TV](#) features a vast library of quality fitness workout programs, including the most popular workout trends, categories and genres.

CollageVideo

[CollageVideo](#) has a ton of classic workout videos from the likes of [Denise Austin](#), [Jack LaLanne](#) and more streaming on Roku, Android, Apple devices and basically anywhere else you can watch—leaving you almost no excuse not to work out!

Fit at Any Age

The [Fit at Any Age](#) channel on Roku has full-length, senior-friendly workouts that are available with no extra charge, making this a great fit if you have seniors or elderly persons with you.

Fit You

[FitYou](#) is a free fitness channel with a large collection of expert video lessons on yoga, aerobics, kickboxing and others.

Free Workout Channel

[Free Workout Channel](#) features the world's best core exercises, strength building, a 90 day workout challenge and even chair exercises for both men and women.

Sweat Factor

[Sweat Factor](#), featuring countless workouts from the world's top trainers, is totally free for 30 days amid the coronavirus crisis. You can stream on Roku, Apple TV, Android and iPhone devices.

Yoga by Fawesome.tv

[Yoga by Fawesome.tv](#) features Ashtanga yoga, Acro Yoga practices, Breathing techniques, Hatha Yoga, Sun Salutations, Meditation, and more, put together by expert practitioners.

The Yoga Channel

[The Yoga Channel](#) presents simple, one minute, yoga routines suitable for all ages and fitness levels.

Related: [Love in the Time of Coronavirus—6 Tips to Protect Your Marriage While Quarantined](#)

Free Workouts On Instagram/IGTV

Box + Flow

[Box + Flow](#) combines elements of both boxing and yoga and they are offering free daily classes via [Instagram TV](#). The at-home workout requires no equipment (yoga mats and light weights optional) and incorporates shadowboxing followed by Vinyasa flow sequences.

Pancakes and Pushups

Sloane Davis of [Pancakes and Pushups](#) has a free ab workout tutorial you can do from home and a ton of tutorials for free on [Instagram](#) that require no equipment.

Celsius

Celsius energy drinks will live-stream workouts with fitness pros and studios across the country through their Sweat With Celsius program on [Instagram](#).

CITYROW

CITYROW is doing equipment-free, free [Instagram TV](#) workouts Mondays, Wednesdays and Fridays in the early morning that anyone can join. Studios around the country will participate in hosting these IGTV workouts.

bodyART Training Studios

[Ryan Daniel Beck](#) of **bodyART Training Studios** is doing daily live streams of classes while studios are all closed in NYC.

BodyRush Fitness

Athletic and already in shape? Check out [BodyRush Fitness](#) on Instagram for advanced workouts.

Colin O'Brady

[Colin O'Brady](#) is hosting a free viral [Instagram](#) dance party daily at 10 a.m. MT to lift spirits and get people moving.

Fit By Cris

Fit By Cris offers a ton of different workouts on Instagram that you can do from home with no special equipment required.

Just Like Om

Just Like Om offers free streaming yoga sessions on [Instagram Live](#).

Lisa Reed Fitness

Lisa Reed Fitness provides effective yet simple at-home workouts on [Instagram](#) and [Facebook](#).

My Fit Room Studio

While **My Fit Room Studio** is closed due to coronavirus, sisters Brianne and Morgan are hosting daily workouts on [Instagram Live](#).

Lynn Montoya

[Lynn Montoya](#), fitness trainer, nutritionist and health coach, is offering free 20 minute HIIT sessions on Instagram Live, [@LynnMontoyaFitness](#), to help those stay committed to their health routine. The live workout videos will begin everyday at 12 p.m. PST. The streamed workouts will remain available 24 hours for those who are unable to join at the start time.

Related: [5 Things You Can Do to Help Your Kids \(And You!\) Adjust to Stay-At-Home Life—and How to Talk to Them About Coronavirus](#)

Free Workouts on Amazon Prime

15-Minute HIIT With Maggie Binkley

[15-Minute HIIT With Maggie Binkley](#) features five different workouts for different areas of your body (for daily Monday through [Friday](#) exercises), plus some full-body workouts as well.

7-Day Barre Challenge

New to barre? Get a crash course with [7-Day Barre Challenge](#), free with Amazon Prime.

8-Minute Abs Workout

[8-Minute Abs Workout](#) will give you a six-pack eventually—in intervals you can do while the kids are finally settling down for a few minutes at a time.

Aerobics Low Impact

Whether you're recovering from an injury or just need to take it easy, [Aerobics Low Impact](#) is a great choice.

Beautiful Belly

Expecting? [Beautiful Belly](#), free with a week-long Daily Burn trial, has great, gentle yet intense yoga for a satisfying (but not stressful) prenatal workout.

DanceFit With Monica

[DanceFit With Monica: Full Body Dance Cardio Weight Loss Workout for Beginners](#) goes by fast because it's fun, and you can take the moves you learn with you to the club ... when the club finally opens again.

Full Body Every Workouts

Just as described, [Full Body Everyday Workouts](#) target your entire body efficiently, and you can customize some moves depending on your fitness level.

High-Energy Full-Body Pilates Fitness Fusion Workout

The [High-Energy Full-Body Pilates Fitness Fusion Workout](#) is a great for Pilates, whether you're a beginner or a vet.

Power Yoga Weight Loss With Erica Vetra

[Power Yoga Weight Loss with Erica Vetra](#) is great for a 20-minute workout that will both invigorate and relax you.

Studio S Live Bootcamp

Got kettlebells handy? Get to work with [Studio S Live Bootcamp](#), free with Amazon Prime.

True Beginner

Free with a seven-day Daily Burn trial, [True Beginner](#) is great if you're new to exercise and are using your social distancing period to get in shape for the first time (or just the first time in a long time).

Zumba Fitness-Concert Live

[Zumba Fitness-Concert Live](#) features 70 minutes of Latin dances and 16 routines.

Related: [The Question We're All Asking: What Should I Do If I Have Coronavirus Symptoms?](#)

Free Workouts From Gym and Fitness Studios

305 Fitness

[305 Fitness](#) has free cardio dance live streams on YouTube at 12 p.m. and 6 p.m. ET.

AKT

[AKT](#) will be hosting daily free live classes via Facebook. Follow their [Facebook feed](#) to check times, as they can vary!

BarreCoast

[BarreCoast](#) will stream workouts from Facebook Live.

Barry's Bootcamp

Barry's Bootcamp is hosting 20-minute body-weight workouts for free on Instagram Live.

Bootcamp Xero

You can stream **Bootcamp Xero** from any device with an Internet connection. All their 15-minute workout videos are totally free and require no equipment—and there are hundreds of videos to choose from!

Bulldog Online

Love yoga but hate the hype? **Bulldog Online** is offering free yoga videos you can do from home without all the juju for 30 days. You can stream their content on mobile devices, your laptop, Apple TV, Roku and fireTV.

Burn Boot Camp

Burn Boot Camp started streaming live at-home workouts which will run every weekday at 9 a.m. ET through April 3. Each 45 min workout will mirror their weekly in-gym protocol and will be recorded so you can watch at a later time. The first video accrued 55,000 views! Memberships vary from \$99-180 and those who sign up for a free 14-day trial ([here](#)) can access the classes for free.

Club Pilates

Club Pilates provides at-home Pilates workouts to strengthen your core, improve your posture, increase mobility and so much more. All you need is a mat to get started.

Community Yoga Studio

Community Yoga Studio will offer classes on [YouTube](#) as well as twice daily live-streamed classes on [Facebook](#) and [Instagram](#) through the coronavirus crisis.

Complete Body

Complete Body in New York City is streaming free workouts on [Instagram Live](#).

CorePower Yoga

You can get select online meditation and yoga classes for free from **Corepower Yoga** while the studios remain closed.

Crunch Fitness

All **Crunch Fitness** members can stream 100+ workouts from [Crunch Live](#), including yoga, dance, cardio, kickboxing and more.

CycleBar

If you have an indoor cycling bike, check out [CycleBar GO](#) for at-home editions of CycleBar's signature rides, which offer a multi-intensity [cardio workout](#) of sprints, climbs and jogs in and out of the saddle.

Eagle Martial Arts

[Eagle Martial Arts](#) offers videos on form, as well as cardio kickboxing, free on YouTube. They're great for kids and adults, and kids can win a trophy for best form if they share footage of themselves practicing their moves.

Fitting Room

[Fitting Room On Demand](#), the first digital HIIT platform created by kettlebell experts and is designed to be viewed on any device, is free for 30 days. Their workout building blocks range from four to 30 minutes and their content library is updated weekly.

Gold's Gym

[Gold's Gym](#) offers over 600 audio and video workouts on its app for free.

Hilton Head Health

[Hilton Head Health](#)'s On Demand app, which offers a free week-long trial, has more than 20 exercise videos to choose from and zero equipment required. You can view the workouts on personal computer/laptop or on Apple, Android, Roku, and Amazon Fire TV. Starting Monday, March 23, Hilton Head Health will also begin streaming a series of free interactive workout videos via [Facebook Live](#) daily at 12:30 p.m. EST.

Life Time

[Life Time](#) is hosting Classes On Demand. Members and non-members can stream their favorite cardio, strength or yoga classes for free, with new classes being added daily to [MyLT.life](#).

LYT

[LYT](#) is offering free yoga classes online through the next month (and possibly—and quite generously—longer, depending on how long the coronavirus crisis lasts).

Mayweather Boxing + Fitness

[Mayweather Boxing + Fitness](#) is hosting 20-30 minute workouts three times a day (8 a.m., 12 p.m., 6 p.m. this week and 9 a.m., 12 p.m., 4 p.m. next week) on [Instagram Live](#)—and you don't need any equipment.

Mirror

Mirror is a nearly invisible, interactive home gym that brings live and on-demand fitness classes right to your home. The actual mirror will set you back about \$1,495, but they offer a free month-long trial that can really come in handy for your social distancing period!

NXPT

San Diego's **NXPT** offers free workouts on [YouTube](#) and [Facebook](#), even if you aren't a member.

Obé

Obé, a streaming fitness platform that charges \$27 per month, is giving a free month subscription to any members in quarantine.

Orangetheory

Orangetheory is sharing a new 30-minute workout video daily for free. The workouts don't require equipment, but you can use household items you have lying around.

Peloton

Starting on March 19, **Peloton** will produce and stream content from Peloton Studios New York for at-home Members, but without public attendees. Further, they're offering subscribers a 90-day trial to its app, which doesn't require Peloton-branded product to use.

Physical Equilibrium

Physical Equilibrium has 20-, 40- and 60-minute workouts for various fitness levels and settings and are adding more everyday.

Planet Fitness

Planet Fitness will host 20-minute daily "Work-Ins" at 7 p.m. ET on Facebook. The workouts will be hosted by trainers and sometimes by surprise celebrity guests. Can't make it live? No sweat: They'll be on [YouTube](#) later!

Pure Barre

Pure Barre offers a free week-long trial of [Pure Barre On Demand](#) and hosts streaming workouts on their [Pure Barre GO Facebook page](#).

Revolution Motherhood

Until the end of April, all streaming services and daily live classes from [Revolution Motherhood](#) will be free for 30 days to anyone who signs up, so mommas can stay home and feel secure with their families.

Row House

If you have a rower, check out [Row House GO](#) for at-home versions of Row House's high-energy, low impact indoor rowing workouts. Workouts combine blocks of rowing drills and intervals with functional strength training off the ergometer.

Spartan

[Spartan](#) launched [Spartan Unbreakable](#), which features a daily schedule of content including training and at-home workouts, nutrition and health tips, ways to keep your spirits up and inspiration. Sessions are lead by Spartan Founder and CEO Joe De Sena, endurance pros and top experts. The program runs across Spartan's [Facebook](#), [Instagram](#), [Twitter](#) and [spartan.com](#). The service also offers free 90-day trial subscriptions to online learning platform, [Spartan EDGE](#).

StretchLab

[StretchLab GO](#) offers stretching workouts and practices that you can do at home. Certified Flexologists take you through stretches and mobility exercises you can do alone or with a partner, as well as guide you through the use of foam rollers, stretching straps and other equipment to reach your flexibility and recovery goals.

STRIDE

If you have a treadmill, check out [STRIDE GO](#) for at-home versions of STRIDE's signature cardio-strength interval classes that are suitable for any level of walker, jogger or runner. Workouts include a mix of running or walking blocks and various bodyweight, dumbbell and resistance band exercises for a full-body sweat.

SweatNET

[SweatNET](#) offers a library of live workouts, meditations, recipes and more with the code "FREESWEAT" at checkout.

YogaSix

[YogaSix GO](#) uses modern language instead of Sanskrit and offering six core formats to encompass every fitness level, whether the focus is on deep stretching, stress relief or breaking a sweat.

Free Workouts On Demand

All In By Teddi Mellencamp

All In By Teddi, **Teddi Mellencamp**'s fitness program, offers free streaming throughout March with code "ALLINHOME."

Beachbody On Demand

Beachbody On Demand is offering hundreds of home workouts free for 14 days (for now), including ardio, dance, yoga workouts and more tailored to the individual.

Cyberobics

Cyberobics is offering up to 90 days (or until a Coronavirus vaccine/solution is found) of free workouts.

EGYM

EGYM partnered with **LES MILLS** (the fitness company who develops classes for gyms like 24 Hour Fitness) to offer **On Demand fitness** content at no cost until the end of May. There are hundreds of workouts tailored to all fitness levels and you can stream and download workouts from your TV, laptop or mobile devices.

FitnessOnDemand

Snap Fitness partnered with **FitnessOnDemand** to offer free 90-day global access to their diverse fitness video library of powerhouse brands, including Sweat Factor by Mike Donovanik, Nora Tobin, SH1FT, Daily Burn, and many more.

iBodyFit

Check out free workouts from personal trainers at **iBodyFit**, and get discounted custom designed online personal training workouts just for you.

Jazzercise On Demand

Jazzercise On Demand is offering a free 14-day trial for streaming via your web browser, or Roku, Amazon Fire TV Stick, Apple TV or iOs.

Balanced Body's Mindful Movements from Home

Balanced Body's Mindful Movements from Home is a video series for parents, partners and individuals to incorporate into their new routines, helping us all remember to breathe, stretch and

meditate amid the stress and anxiety we're up against. There are videos for children's activities, the aging population, partner workouts, combating anxiety and [depression](#) and more.

NEOU

[NEOU](#) is offering 30 days of free access for those stuck at home during this time, with workouts including everything from yoga to kickboxing to HIIT training.

The Rio Plan

[The Rio Plan](#) has moves ranging from barre to Brazilian flow.

Studio SWEAT OnDemand

[Studio SWEAT onDemand](#) offers a seven-day trial of their wide variety of classes, including Pilates and spin, for new members. They've also partnered with YMCA locations and other fitness centers nationwide to offer members of the gyms free virtual gym memberships while gyms are closed. Existing members of the [partnered gyms](#) will have free access to Studio SWEAT onDemand classes on their online app on behalf of their gym.

Related: [Stores Open During Coronavirus and Their Hours—Plus, Stores That Are Closed](#)

Free Workouts on Facebook/Facebook Live

Bikram Yoga Works & Cryotherapy

[Bikram Yoga Works & Cryotherapy](#) will post a daily schedule and stream free yoga and Pilates workouts and motivational moments throughout the day on [Facebook](#).

Blink Fitness

[Blink Fitness](#) provides daily virtual workout session that gives members and non-members alike access to industry-leading fitness instruction from Blink Fitness' Certified Personal Trainers. Classes will air daily Monday through Friday at 8:00 a.m. EST on [Facebook Live](#).

Camp Gladiator

[Camp Gladiator](#) hosts [#HustleFromHome](#)—free, live virtual and at-home workouts on [Camp Gladiator's Facebook page](#). The liveworkouts will be streamed Monday through Friday three times a day (5:30 a.m. CT, 8 a.m. CT, and 5:30 p.m. CT and Saturdays at 8 a.m. CT) and requires little to no equipment (if anything, just mats, dumbbells). Can't make it? The video workouts can be accessed any time of day [here](#).

Fit2Go Personal Training

Fit2Go Personal Training specializes in in-home fitness for busy professionals and are streaming free daily live workouts on [Facebook](#).

Jess Grippo

Jess Grippo offers a special program called “[Dance Alone, Together](#)” on [Facebook Live](#) and [Instagram Live](#), designed to make you connect to your body, wake up your creativity, and turn solitude into action. Grippo’s daily freestyle dance breaks will get you out of your head and into your body with a rotation of motivating music that ranges from silly to somber to sassy.

SunState Yoga

SunState Yoga will be posting live streams of yoga classes from their studio on their [Facebook page](#).

Wellness World

Wellness World offers free streaming yoga and meditation on Facebook daily.

9Round

9Round, the world’s largest kickboxing chain, will have a [Facebook Live](#) workout on Tuesday, March 24th at 6 p.m. ET featuring Shannon and Heather Hudson, the husband/wife team that founded the brand.

Free Workouts and Yoga for Kids

Beachbody Kids

Beach Body Kids workouts are available on their [Vimeo page](#).

Daily Burn

Daily Burn is committing to [60 days of free workouts](#) to help keep families (including kids!) strong and healthy during this difficult time. Plus, the membership comes with the opportunity to join their [active Facebook community](#) to help with the social isolation that can be experienced during these times.

Family Cardio

Search YouTube for family-friendly cardio workouts like [this one from PopSugar Fitness](#).

KIDZ BOP and obé fitness

Move along to the brand new [KIDZ BOP](#) and [obé fitness](#) collaboration video series. Launching just this week, KIDZ BOP has partnered with the premium at-home fitness digital platform to create four unique workouts for parents and kids, set to some of the most popular original KIDZ BOP tracks, including “KIDZ BOP Shuffle.”

Kids Zumba

There are a slew of Zumba workouts for kids on YouTube! Check out this cute [Minions-themed dance](#), [this “Baby Shark” dance](#) or [this one](#) set to “Papi” by [Jennifer Lopez](#) that you can do together.

NEO Kids

[NEO Kids](#) has 30 days of free access to workouts to keep your kids busy and curb cabin fever.

Sworkit

[Sworkit](#) has kids exercise content that is free and that does not require a subscription to our service. It is available for iPhone, Android, the Web, and Apple TV. Many schools are using Sworkit to help kids stay physically active while at home.

Related: [17 Best Video Chatting Apps to Keep You Sane While Social Distancing During Coronavirus Pandemic](#)

Free Workouts on Apps

Aaptiv

[Aaptiv](#) has partnered with some local libraries, including [Douglas County Library in Colorado](#), for three months of unlimited workout classes. Ask if yours is participating!

AllTrails

Get outside but keep a safe distance with the [AllTrails](#) app, which will come in handy for finding local places to hike!

BodyLift Fitness

[BodyLift Fitness](#) is offering free yoga and HIIT workouts from their app.

Echelon FitPass

You can access the [Echelon FitPass](#) app free for 90 days to stream workouts on your TV or use on your mobile device. Users will have access to live-stream and on-demand Echelon Fitness Studio fitness classes 24/7. In addition to Cycling and Reflect classes, the FitPass features yoga, boxing, pilates, weight training and more.

Life Fitness

[Life Fitness](#) is launching daily on-demand workouts through [Digital Coach](#) to challenge and motivate exercisers until they can get back into the gym. The workouts are free to all exercisers for a limited time. Choose from a variety of bodyweight, small accessory and recovery workouts, refreshed on a daily basis. Digital Coach workouts are created by expert Life Fitness Academy trainers and feature video instruction of all exercises, as well as guidance on reps and timing.

My Fitness By Jillian Michaels

[My Fitness by Jillian Michaels](#) has a free 7-minute workout that can be done from home. If you need more of her motivation, exercise expertise and tough love, she's dropped the price of her yearly subscription to \$69.99.

MySwimPro

[MySwimPro](#) is the number one fitness app for swimming, providing swimmers of all levels with personalized training plans, workouts, analytics and educational content. Since many pools are now closed, MySwimPro is offering free, Live Dryland Bootcamps every Sunday at 10 a.m. EST on Facebook, YouTube and Instagram Live.

Parade Daily

Celebrity interviews, recipes and health tips delivered to your inbox.

Email Address Please enter a valid email address.

Thanks for signing up! Please check your email to confirm your subscription.

Nike Training Club

The [Nike Training Club](#) app has a ton of totally free workouts that you can stream from mobile devices.

Openfit

[Openfit](#) has tons of interactive classes available for streaming on their app and website—and there's a free trial period to get you through at least some of the social distancing period.

P.volve

P.volve offers a free 30-day streaming trial of hundreds of their workouts on their app with code "ONEPVOLVE." They also have videos on [Instagram Live](#) and [YouTube](#).

TheOptimal.me

Get 30 days free of **TheOptimal.me**, an at-home functional movement platform helps mid-lifers and seniors maintain their mobility, stability and flexibility on their website (mobile friendly) or app on iOS and Android.

UnCraveRx

Dieting as well as working out? **UnCraveRx** is an app provided under the supervision of a doctor that helps retrain your brain to ignore cravings and bad nutritional habits with a combination of on-demand fitness classes, anti-craving medicine, behavioral therapy, and certified nutrition counseling. You can nab a 30-day free trial.