



Greetings Residents,

The challenges we as a nation are facing with COVID-19 have trickled down to all of our communities. As you encounter the challenges of closed amenity and fitness centers, cancellation of lifestyle events, school closings, etc., we are here to share creative in-home activities.

Today we are focusing on 5 companies that are partnering with FirstService Residential to offer our residents online resources to stay healthy, in both mind and body.

Lifelong Learning

One Day University

Although gathering together for continuing education and other classes has temporarily halted, learning doesn't have to. We have partnered with One Day University to offer our residents FREE access to their amazing video library of live events for viewing at any time. In addition, when learning goes live again, our residents will have access to those classes as well!



One Day University is designed for people who think every day is a great day to learn something new, with hundreds of fascinating topics taught by the most renowned professors in the country. One Day U events inspire, enlighten and entertain – all in a few hours. You'll explore new ideas, discover new passions and have a great time doing it. Follow the steps below to access the complimentary library for 60 days:

<https://www.onedayu.com/my-account/>

User Name: firstserviceresidential@onedayu.com

Password: FSR-ODU-2020



Curiosity Stream

Love documentaries? CuriosityStream is your online streaming resource for award-winning documentaries. Whether you access by mobile phone, tablet, laptop or 4K TV, you'll be able to view over 3,000 titles. Titles include just about every interest – whether its ancient history, the latest in science and technology or you're just wondering why dogs are so darn cute. There's something for everyone! To register for this 60-day FREE subscription [click here](#) to sign up.



Health & Wellness

Les Mills On Demand Fitness

Les Mills On Demand Fitness is giving our residents FREE access to on-demand fitness classes! This includes 85 training videos that you can do in your own home. Challenge yourself to a variety of workouts, powered by science and proven to get results. Classes include strength, cardio, HIIT, dance, flexibility and more. [Click here](#) to set up your on-demand fitness schedule!



Evergreen Wellness

Evergreen Wellness is a comprehensive resource that empowers people 45+ to enjoy a happier, healthier lifestyle. It includes wellness and fitness resources, including an online community where people can learn, grow and thrive!

Lifestyle @ Home



FREE for our residents, Evergreen Wellness is offering the online streaming version of its 28-Day Size Down Challenge™ – an at-home workout program designed for those looking for a gentle way to get into fitness. Workouts are just 8 minutes a day (excluding weekly rest days), and the program comes with a meal plan and grocery shopping list (both optional) that give participants their best chance of achieving the goal of losing one size in 28 days. With or without the meal plan, the 28-Day Challenge offers a great way to get fit without ever leaving the house. [Click here](#) to register for your FREE subscription.



Kids and Adults Staying Connected

Kidvelope

Kidvelope is an engaging and creative mission adventure game played offline and online that brings kids and their faraway family members together. Kids start with an activity kit that is loaded with goodies – then team up with faraway grandparents, parents, others to solve mission challenges through hands-on creative activities, online interactions, back and forth mail, and phone conversations. Kidvelope offers kids and the grown-ups who love them a whole new way to laugh, share and play...no matter where they live!

Special 60 Day Offer: Kidvelope Mission Adventure – including the full activity kit and all online activities – FREE to the first 3,000 residents. Residents who sign up will only need to pay the \$5.99 shipping charge. After the first 3,000 are ordered, Kidvelope may offer additional residents a complimentary digital-only Mission Adventure (Note: This does not include the activity kit.) [Click here](#) to sign up.



And Remember... Stay Healthy - Social Distancing

We strongly encourage following the recommendations from the Centers for Disease Control & Prevention (CDC) to reduce the risk of exposure and spread of the COVID-19 virus. Tips include the following:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds; especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Maintain a social distance of three to six feet when interacting with others.
- Eliminate handshake greetings.
- If you have a fever, cough or difficulty breathing, seek medical attention.

Stay informed! The CDC updates their website regularly with recommendations and information. Visit the website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.