

**From:** Jen Martin (Recreation Director - Spruce Lakes Recreation District)  
**Sent:** April 6, 2020  
**Subject:** COVID-19 Resource Sharing Project

Hello, good to hear from you!

Here in Glenboro South Cypress, I have been keeping busy on social media with many ideas for my community via videos and articles. Every day I add new videos for all people of all ages & abilities to my Facebook page (spruce lakes rec), Instagram and twitter. I put on videos for adults ranging from cardio based exercise to full body workouts all which can be done from home with no equipment also fun cardio like the Fitness Marshall for teens and young adults, I have offered online chair tai chi classes as well as chair yoga and aerobics for our 55+ group or those with different mobility abilities too. For the kids we have put up videos for them to learn new dances, exercises for their age, kids yoga, and some fun movement videos too! Articles on staying fit and active during quarantine have been well received by our community as well as a list of activities I made for the people in our area. I have put up nutrition ideas and meditation tips and lastly, we went retro with a few Hal and Joanne videos from the old "Body Break" collection ending with the 2020 version that was released!

I have also kept up with our weekly newspaper article and our monthly newsletter which encourages our community to get online and take advantage of these ideas. We have encouraged our community members to get outside and get moving while also respecting social distancing. The rec district has kept up to date on the latest Covid-19 information and have shared this too in every way possible including our website ([www.glenboro.com](http://www.glenboro.com))

The coolest part is having a few individuals reach out and offer free online classes to their fellow community members via Facebook live. Pretty awesome when people come together like this.

I continue to look forward and get things ready for what will come when this is all over and keep busy with researching ways to make things the best I can as I am sure all the towns and cities are doing now!!! These are just some of the ways we are trying our best to keep people active in body mind and soul and hope that everyone stays safe during this time. Thank you for reaching out and we will see all of you soon,

~Jen