

Physical Distancing Activities & Resources for Bulldog Nation



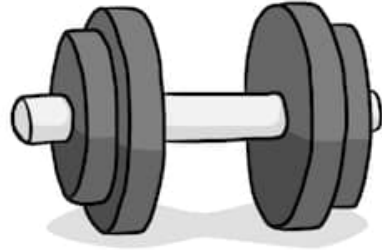
Picture is from the Georgia Theatre's Instagram @georgiatheatre

Fitness Dawgs

Online Exercise

Obé Fitness

- ★ What: On-demand digital fitness classes
- ★ Link: www.obefitness.com
- ★ Cost: Use code 'SWEATSANDTHECITY' for 1 month free



CorePower Yoga

- ★ What: Yoga classes live stream
- ★ Link: https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&
- ★ Cost: Free on YouTube

Fuel Hot Yoga

- ★ What: Online yoga classes
- ★ Link: <http://www.fuelhotyoga.com/online-classes.html>
- ★ Cost: Free

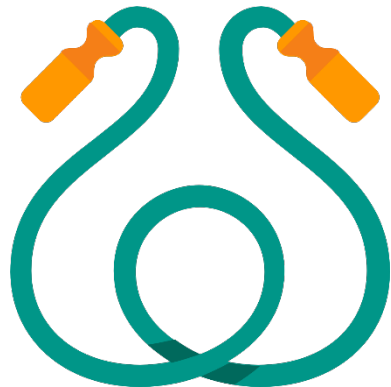


305 Fitness

- ★ What: HIIT classes live stream
- ★ Link: <https://305fitness.com/videos/cardio>
- ★ Cost: Free on YouTube

P.volve

- ★ What: Learn Pilates
- ★ Link: <https://www.pvolve.com/pages/stream-your-workout>
- ★ Cost: 30-day free trial (no credit card needed)



Fhitting Room

- ★ What: On-demand HIIT classes
- ★ Link: www.fhittingroom.com
- ★ Cost: 30-day free trial

ClassPass

- ★ What: Video and audio studio fitness classes
- ★ Link: <https://classpass.com/try/live-workouts>
- ★ Cost: Free unlimited classes for the time being

Dance Body

- ★ What: On-demand dance cardio classes
- ★ Link: <https://streamteam.dancebody.com/>
- ★ Cost: 7-day free trial; 50% off 1st month



NEOU

- ★ What: Trainer-specific on-demand classes
- ★ Link: Download the NEOU APP
- ★ Cost: 30-day free trial



Bar Method

- ★ What: Barre classes
- ★ Link: <https://barmethod.com/bar-online/> - and Instagram Live Stream once per week
- ★ Cost: 14-day free trial; Instagram once per week (always free)

Physique 57

- ★ What: Barre workouts
- ★ Link: <https://ondemand.physique57.com/>
- ★ Cost: 7-day free trial



Melissa Wood Health

- ★ What: Low-impact flows
- ★ Link: www.melissawoodhealth.com
- ★ Cost: 7-day free trial



The Sculpt Society

- ★ What: Dance cardio and barre
- ★ Link: www.thesculptsociety.com
- ★ Cost: 2-week free trial



Peloton

- ★ What: Yoga, meditation, strength, stretching, bodyweight training
- ★ Link: Download Peloton app
- ★ Cost: 90 days free



FitOn

- ★ What: Streams workouts based on the equipment you have
- ★ Link: Download the app <https://app.fitonapp.com/splash>
- ★ Cost: Free

Let the Big Dawgs Eat

Food Resources

Our Daily Bread

- ★ Brown bag lunch every day at noon
- ★ Link: <http://athensfirstumc.org/odb/>
- ★ First Baptist Church of Athens 355 Pulaski St, Athens, GA 30601
- ★ Cost: Free



Foodbank of Northeast Georgia

- ★ The Foodbank of Northeast Georgia is open and distributing food at this time
- ★ Link: <https://foodbanknega.org/>
- ★ Cost: Free

United Way of Northeast Georgia

- ★ 211 help line to connect families with the resources they need during this time
- ★ Link: <https://www.unitedwaynega.org/get-help-2-1-1-program>
- ★ Cost: Free
- ★ Simply call 211 on your phone to get connected.

Local Restaurants for Curbside Pickup

Heirloom Cafe

- ★ Take-out and delivery
- ★ Link: <https://www.heirloomathens.com/2020/03/take-out-delivery-only/>
- ★ Phone: 706-354-7901
- ★ Address: 815 N Chase Street, Athens, GA 30601



The Grit

- ★ Take-out
- ★ Link: <https://www.thegrit.com/>
- ★ Phone: 706-543-6592
- ★ Address: 199 Prince Avenue, Athens, GA 30601



Depalma's Italian Cafe

- ★ Curbside pickup and delivery through Bulldawg Food and Cosmic Delivery
- ★ Link: <http://www.depalmasitaliancafe.com/>
- ★ Phone: 706-354-6966
- ★ Address: 401 E Broad Street, Athens, GA 30601



Pulaski Heights Barbecue

- ★ Curbside pickup and delivery through Bulldawg Food
- ★ Link: <http://pulaskiheightsbbq.com/>
- ★ Phone: 706-583-9600
- ★ Address: 675 Pulaski Street, Suite 100, Athens, GA 30601



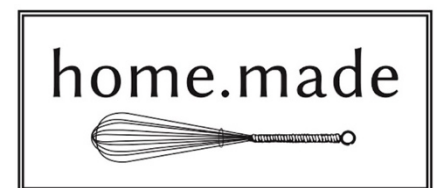
Maepole

- ★ Take-out and delivery through Bulldawg Food
- ★ Link: <https://www.maepole.com/>
- ★ Phone: 706-850-3600
- ★ Address: 1021 N Chase Street, Athens, GA 30601



Home.Made

- ★ Curbside pickup and delivery through Bulldawg Food
- ★ Link: <https://www.homemadeathens.com/>
- ★ Phone: 706-206-9216



- ★ Address: 1072 Baxter Street, Athens, GA 30606

Mama Jewel's Kitchen

- ★ Curbside pickup
- ★ Link: <http://mamajewelskitchen.com/food-menu-selector.html>
- ★ Phone: 706-850-9797
- ★ Address: 1075 Baxter Street, Athens, GA 30606



Picnic Basket Meal Market

- ★ Drive-thru pickup
- ★ Link: <https://www.facebook.com/PicnicBasketMealMarket/>
- ★ Phone: 706-705-1292
- ★ Address: 1973 Hog Mountain Road #103, Watkinsville, GA 30677

Butt Hutt BBQ

- ★ Curbside pickup
- ★ Link: <https://www.butthuttathens.com/>
- ★ Phone: 706-850-8511
- ★ Address: 480 Macon Highway, Athens, GA 30606



Square One Fish CO

- ★ Curbside pickup
- ★ Link: <https://www.squareonefishco.com/>
- ★ Phone: 706-353-8862
- ★ Address: 298 Prince Ave, Athens, GA 30606



Carrabba's Italian Grill

- ★ Curbside carryout and delivery
- ★ Link: <https://www.carrabbas.com/>
- ★ Phone: 706-546-9938
- ★ Address: 3194 Atlanta Hwy, Athens, GA 30606

Television and Movies

ONLINE

Sling

- ★ Link: <https://watch.sling.com/browse/my-tv>
- ★ Cost: Free

Netflix

- ★ Link: <https://www.netflix.com/signup>
- ★ Cost: 30-day free trial

Amazon Prime Video

- ★ Link: https://www.amazon.com/amazonprime?encoding=UTF8&ref=nav_logo_prime_join
- ★ Cost: 30-day free trial

HULU Live

- ★ Link: https://www.hulu.com/welcome?orig_referrer=https%3A%2F%2Fwww.google.com%2F
- ★ Cost: 30-day free trial or free with Spotify Premium

Disney Plus

- ★ Link: <https://www.disneyplus.com/>
- ★ Cost: 7-day free trial or one year free with Verizon unlimited plan

HBO

- ★ Link: <https://HBO.com/>
- ★ Cost: 7-day free trial



Rock out Like the Redcoats

Podcasts and Music

Spotify

- ★ Music and podcasts
- ★ Link: <https://www.spotify.com/us/>
- ★ Cost: 1-month free trial



Apple Music

- ★ Music and podcasts
- ★ Link: <https://www.apple.com/apple-music/>
- ★ Cost: 3-month free trial

Amazon Music

- ★ Music, podcasts, and audiobooks (for Prime members)
- ★ Link: https://www.amazon.com/music/unlimited?ref=dmm_acq_marin_d_gen%7Cc_420964277913_m_GtEwOUlf-dc_s
- ★ Cost: 30-day free trial, free for Prime members

SiriusXM

- ★ Music, podcasts, radio
- ★ Link: https://care.siriusxm.com/preownedvehicletrial_view.action#/preownedtrial
- ★ Cost: 3-month free trial

amazon music



Bring the Main Library Home

Books

Avid Bookshop

- ★ Curbside pickup and potential delivery for books and audiobook services via Libro.fm
- ★ Link: <https://www.avidbookshop.com/COVID19Plan>
- ★ Phone: 706-850-2843
- ★ Address: 1662 S. Lumpkin St, Athens, GA 30606



Audible

- ★ Audiobooks
- ★ Link: https://www.audible.com/ep/freetrial?source_code=GO1GBSH03061890GM&device=d&ds_rl=1262685&ds_rl=1257031&ds_rl=1263561&cvosrc=ppc.google.%2Bread%20the%20%2Bbook&cvo_campaign=231891129&cvo_crid=384307745467&Matchtype=b&gclid=CjwKCAjwsMzzBRACEiWAX4ILGwGzfs1vBTZk5facr0fcWAAMnyiuIEsZcrV4X6SDvYDI3i6Uf1yGPRoCABsQAvD_BwE&gclsrc=aw.ds
- ★ Cost: 30-day free trial and 2 free audiobooks

Apple Books

- ★ App to download books
- ★ Link: <https://apps.apple.com/us/app/apple-books/id364709193>
- ★ Cost: Pay per book



Google eBookstore

- ★ Electronic books for download
- ★ Link: https://play.google.com/store/books/collection/topselling_free?clp=ChcKFQoPdG9wc2VsbGl uZ19mcmVlEAcYAAQ%3D%3D:S:ANO1ljKuey8&gsr=ChkKFwoVCg90b3BzZWxsaW5nX2ZyZWU QBxgB:S:ANO1ljIbX7M
- ★ Cost: Offers select books for free

Open Library

- ★ Electronic books for download
- ★ Link: <https://openlibrary.org/>
- ★ Cost: Free



Lamar Dodd Dawgs

Arta and Crafts

The KA Artist Shop

- ★ Curbside pickup and local delivery for art materials 12-2pm each day
- ★ Link: <https://kaartist.com/>
- ★ Address: 127 N Jackson Street, Athens, GA 30601



JOANN Fabric and Craft Store

- ★ 25% off Curbside pickup
- ★ Link: <https://www.joann.com/?cpn=BOPIS25MARCH>
- ★ Address: 3055 Atlanta Highway, Athens, GA 30606



ONLINE

Will Kemp Art School

- ★ Online acrylic paint lessons
- ★ Link: <https://www.youtube.com/user/willkempartschool/about>
- ★ Cost: Free on YouTube



Lena Danya

- ★ Online oil painting lessons
- ★ Link: <https://www.youtube.com/channel/UCThXXIyRxNGpn1qc3Gxs5lQ>
- ★ Cost: Free on YouTube

Kelogsloops

- ★ Online watercolor lessons
- ★ Link: https://www.youtube.com/channel/UC_9ObjTaq4kIvuVCJgHPPRw
- ★ Cost: Free on YouTube

The Crafts Channel

- ★ Online lessons to make various at-home crafts
- ★ Link: <https://www.youtube.com/user/TheCraftsChannel>
- ★ Cost: Free on YouTube



Mental Health

ONLINE

National Helpline for Substance Abuse and Mental Health

- ★ Call 1-800-662-HELP (4357)
- ★ Link: <https://www.samhsa.gov/find-help/national-helpline>
- ★ Cost: Free



Mood Kit

- ★ A self-care app that has mood boosting activities
- ★ Link: <https://apps.apple.com/us/app/moodkit/id427064987>
- ★ Cost: \$4.99



Mind Shift

- ★ App designed for young adults struggling with anxiety
- ★ Link: <https://apps.apple.com/us/app/mindshift-cbt-anxiety-canada/id634684825>
- ★ Cost: Free

Talk Space

- ★ Online therapy with a licensed therapist
- ★ Link: https://lp.talkspace.com/try?utm_source=google&utm_medium=sembrand&utm_campaign=SEARCH_GOOGLE_BRAND_IS-EXP&utm_content=FEB2020-40P-V3&utm_term=talk%20space&gclid=CjwKCAjwsMzzBRACEiwAx4ILG1v43tfl0tTicZ8T_EXaInMdAVDgEq2QQ3VZN5ymLMA-gpcWvQZf8hoC8x4QAvD_BwE
- ★ Cost: Free initial consultation; \$100 off with code '1004U'

In Person

Exercise

- ★ Utilize any of the resources on page 1-3
- ★ Spend time outside (walk, jog, read)

Take breaks from TV news outlets, the radio, and social media

- ★ Utilize this guide to find other activities to engage in.



Other Activities

New York Times Writing Prompts

- ★ Respond to a fun daily writing prompt to be posted on the New York Times website
- ★ Link: <https://www.nytimes.com/spotlight/learning-writing-prompts>
- ★ Cost: Free

The New York Times

New York Times Student Contests

- ★ Enter one of New York Times contests (calendar/cartoon/podcast contests)
- ★ Link: <https://www.nytimes.com/2019/08/21/learning/our-2019-20-student-contest-calendar.html>
- ★ Cost: Free

Go on a Hike

- ★ Yonah Mountain
- ★ Black Rock Mountain State Park
- ★ Walk your dog around the neighborhood
- ★ Make sure to stay isolated during your time outside



Self-Care Day

- ★ Bubble bath
- ★ Painting nails
- ★ Face masks
- ★ Light candles
- ★ Meditate and breathing exercises



Journal

- ★ Write about your experience during this time for historical records
- ★ Write a poem
- ★ Journal prompts: <https://www.creative-writing-now.com/journal-prompts.html>
- ★ Cost: Free



Call friends and family

- ★ FaceTime
- ★ Skype
- ★ Zoom
- ★ Google Hangouts



Google Hangouts

Create

- ★ Paint
- ★ Write
- ★ Make music
- ★ Cook and bake



Virtual Happy Hour

- ★ Get dressed up or dressed down
- ★ Virtually share your favorite drinks and food



Re-live Dawgs Victories

- ★ Watch old Georgia games and highlights
- ★ ESPN: <https://espn.com/>
- ★ About Them Dawgs: <https://www.youtube.com/user/AboutThemDawgsBlawg/videos>



Thank you for staying home during this time. Social distancing will protect yourself and others.

