

Rochester Regional Health

**RocScholar**

---

Rochester Regional Health authored publications and proceedings

---

12-1-2020

## RRH Library Newsletter, December 2020

Libraries at Rochester Regional Health

Follow this and additional works at: <https://scholar.rochesterregional.org/rrhpubs>



Part of the [Health Sciences and Medical Librarianship Commons](#)

---

### Recommended Citation

Libraries at Rochester Regional Health. (2020). RRH Library Newsletter, December 2020. *Werner Voice*  
Retrieved from <https://scholar.rochesterregional.org/rrhpubs/661>

This Newsletter is brought to you for free and open access by RocScholar. It has been accepted for inclusion in Rochester Regional Health authored publications and proceedings by an authorized administrator of RocScholar. For more information, please contact [Lisa.Buda@rochesterregional.org](mailto:Lisa.Buda@rochesterregional.org).

## Staying Active while Staying In

As COVID-19 cases climb in Monroe County, social distancing is more crucial than ever. With gyms closed, exercise classes cancelled, and budgets tight, how can we stay physically active without compromising public health? Below are a selection of free and paid fitness resources to help you out!

- [RRH Wellness Series](#) (YouTube, free) – Join RRH’s Wellness Center staff for aerobic, yoga, mindfulness and more!
- [Planet Fitness](#) (YouTube, free) – This popular gym began offering free YouTube classes in March, and continue to release new videos daily.
- [Yoga with Adriene](#) (YouTube, free) – A well-known yoga instructor with over eight million (!) YouTube subscribers, Adriene Mishler has an enormous back catalog of sessions. Yoga for Weight Loss, Yoga for Anxiety, Yoga for Loneliness, Yoga for Beginners...there’s a class for every conceivable skill level, need and schedule. Plus, her dog is adorable.
- [Ring Fit Adventure](#) (Nintendo Switch, paid) – The wildly popular fitness adventure game is pricey but effective. Players use the Ring Con (a smart-tech enabled resistance ring) to battle their way through a fantasy world and get a workout in the process. The difficulty is scalable, and users can customize their own routines. There’s even a rhythm game for those with more dance skill than the author of this newsletter.

By Rachel Becker, MLIS

## Libraries @ Rochester Regional Health

1425 Portland Ave  
Rochester NY 14621  
(585) 922-4743  
[wernerlibrary.org](http://wernerlibrary.org)

## Consumer Health Information

922-WELL (922-9355)  
[wernerlibrary.org/wellness](http://wernerlibrary.org/wellness)

## Library Services during COVID-19

- Your Librarians are working remotely.
- You can request searches and copies of articles through our website or by emailing [wellness@rochesterregional.org](mailto:wellness@rochesterregional.org).
- You can access library resources 24/7 at [wernerlibrary.org](http://wernerlibrary.org).

RGH employees may enter the library by swiping their employee ID badge. No other visitors are permitted in the library at this time.

Wishing you a safe and happy holiday!