

COVID-19 (Coronavirus): Updated information and resources from IDEA

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COVID-19 Support Center

The new coronavirus, SARS-CoV-2, which causes the coronavirus infectious disease COVID-19, as named by the World Health Organization, is disrupting life as usual and is exacting a visible human and economic toll. IDEA built this dynamic page with information to support fitness professionals and their businesses through this challenging time. We will update the resources daily with emerging resources to keep you updated.

Latest News

[Reopening Guidelines from California Fitness Alliance](#)

[Update on PPP: The Rules Have Changed—For the Better](#)

[Fitness and “White House Guidelines for Opening up America Again”](#)

[CRITICAL INFORMATION for Fitness Business Owners and Contractors/Self-Employed](#)

[The Coronavirus \(COVID-19\): A Guide for IDEA Members and All Fitness Professionals](#)

Get Involved

[Help support the California Fitness Alliance](#)

[COVID-19 Relief Legislation: ACE urges policymakers to not leave independent contract](#)

[IHRSA Implores Congress to Include Fitness Industry In Stimulus \(updated 3/25/20\)](#)

Coronavirus/COVID 19 Challenges for Fit Pros

[How will the Cash app delete account?](#)

[How long money will sit in it once Cash app delete account?](#)

[Anyone take the NASM Nutrition certification?](#)

[Your Ideal Marketing Offer](#)

[cannabis and sport](#)

[Is there an UnLimited # exercises you can add to a clients' workout – in Workout Builder?](#)

[Non-Negotiables – Opening Up a Fitness Studio](#)

What is the difference between the online course and the digital video?

Self-Care

[Core Yoga Slow-Flow Sequence](#)

[Sample Class: Mindful Restoration and Recovery](#)

[Take More Steps to Ward Off Sickness](#)

[A Break From Intensity](#)

[Heart-Opening Breathing Practice](#)

[Guided Relaxation Script: Breathing the Body](#)

[Guided Meditation Script: Route to Relaxation](#)

All Mind/Recovery Articles

Resources

- [Update on PPP: The Rules Have Changed—For the Better](#)
- [Reopening Guidelines from California Fitness Alliance](#)
- [Reopening Guidelines from California Fitness Alliance](#)

CRITICAL INFORMATION for Fitness Business Owners and Contractors/Self-Employed

- [Coronavirus \(COVID-19\): What You Need to Know \(CDC\)](#)
- [Coronavirus Disease \(COVID-19\) Pandemic \(WHO\)](#)
- [Coronavirus: A Research Guide to Staying Healthy During the Pandemic](#)
- [Frequently Asked Questions about COVID-19 and Food](#)
- [Manage Anxiety & Stress \(CDC\)](#)

IDEA WEBINARS: IDEA Covid-19 Webinar Series

- [Crisis Management & Planning Strategies for Fitness Business Owners](#)
- [Managing the COVID19 Disruption With Virtual Training](#)
- [Leading Exceptional Virtual Training Sessions and Classes](#)
- [Focusing on Self-care During Crisis](#)
- [Nutrition and Cooking Strategies for Sheltering in Place](#)

Community

- [IDEA Face Book Support Group](#)
- [Article: Can Supplements Boost Your Immune System?](#)

As the coronavirus that causes COVID-19 spreads, be wary of claims that supplements can make your immune system stronger.

At-Home/Family Exercise Programs

[Sample Class: Kids' Beach Boot Camp](#)

[Coaching the Whole Family](#)

[How to Help Kids Be More Active](#)

[Starting a Community Walking Program: A 9-Step Plan](#)

[10 Ways Fitness Pros Can Help Kids Build Physical Literacy](#)

[Fit Tech for Kids: Boon or Bust?](#)

[Benefits of Mind-Body Activities for Kids](#)

[Help Parents Help Kids Get Healthy](#)

[Tribal Fitness](#)

[Sample Class: Kids' Kickboxing](#)

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[All At-Home/Family Exercise Programs](#)

[Nutrition & Recipes](#)

[The Editor Cooks: Greens & Beans](#)

[Sleep Well, Eat Well](#)

[Plant-Based Foods Curb Chronic Disease](#)

[Recipe for Health: Masala Chickpea Stir-Fry](#)

[Insomnia Linked to Refined Carbs](#)

[All Nutrition Articles](#)

[Discounts & Services From Our Partners](#)

[Live and On Demand Sculpt + Core Classes
\\$30 Monthly Unlimited](#)

[15% off](#)

Discounted Masks Exclusive for IDEA Members

10 \$2,500 grants for grand prize, 25 first place price packs, 25% discount to new members

LIVE Stream Virtual Teacher Trainings

18% Affiliate Program During Covid-19 Closure

Get a Free Helpful Tip Sheet on the best ways to set up your Home Virtual Studio

1 month Premium membership for 99 cents

Get workouts, mindfulness exercises and self-care tips from Merrithew's™

20% off purchases on FOLCBD.com

Membership/Insurance

IDEA Insurance for virtual training & online video instruction

Liability Insurance

Virtual Training, Social Media and Engagement (Platforms)

-

Virtual Training Tech: Zoom

Virtual Meetings, Webinars, conference rooms; **FREE** basic plan;

-

[Virtual Training Tech: GoToWebinar](#)

Webinars and Live Conferences; 20% off

-

[Virtual Training Tech: eCam Live Streaming](#)

Live Streaming; Month to month: \$200/year; Skype in up to 5 people

-

[Virtual Training Tech: VConferencOnline](#)

Live, simulated-live, and/or on-demand

-

Virtual Training, Social Media and Engagement (Content)

[The Secret to Social Media Success](#)

[The Rise of Virtual Fitness Classes](#)

[The Instructor-or-Influencer Challenge: Social Media and Fitness Instructors](#)

[How to Triple Your Monthly Income with Virtual Training](#)

[Pros and Cons of Virtual Fitness Classes](#)

Your Fitness Business

[How to Face Your Finances](#)

[In Case of Emergency](#)

[Saving a Sinking Ship, Part 1: Bringing Your Business Back from the Brink](#)

[Where's Your Data?](#)

[Saving a Sinking Ship, Part 2: Sprucing Up Your Studio's Aesthetics](#)

[Saving a Sinking Ship, Part 3: Achieving Excellence in Customer Service](#)

[Saving a Sinking Ship, Part 4: Understanding the Financial Structure of Your Business](#)

[Saving a Sinking Ship, Part 5: The Relaunch](#)

[Make More Money: Lean Out Your Business](#)

[Programs to Track Your Finances](#)

[How to Get \(and Keep!\) Online Training Clients](#)

[Leverage Video to Grow Your Online Training Business](#)

[10 Steps to Starting a Successful Business](#)

[How to Help Employees Get Through Personal Crises](#)

[How to Build a Better Brand on a Budget](#)

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Fitness Handouts: Sources to Share with Clients

[Simple Exercises to Improve Posture](#)

[Starting a Home Yoga Practice](#)

[NEAT Exercise for the Brain](#)

[Creating Healthy Habits](#)

[Exercise for Boomers](#)

[Digital Detoxing](#)

[Personal Transformation Practices](#)

[Rest & Recovery](#)

[Sleep and Exercise](#)

[All Client Handouts/Tips for Clients](#)

Small Business Relief Programs

- [CRITICAL INFORMATION for Fitness Business Owners and Contractors/Self-Employed](#)

In case you have not followed news of the Payment Protection Program and

the COVID-19 federal loan dollars available to fitness business owners, contractors and self-employed professionals, the following information is essential to understand and act upon immediately. [Learn more](#)

- [Federal: Small Business Guidance & Relief Programs](#)

Health and government officials are working together to maintain the safety, security, and health of Americans. The Small Business Administration is offering relief through various programs. [Learn more:](#)

- [US Chamber of Commerce](#)

The U.S. Chamber is working closely with the White House, U.S. government agencies, and foreign government officials to inform and equip businesses with the most important and up-to-date information to prevent the spread of the virus and prepare businesses for the near and long-term impact. Learn more: <https://www.uschamber.com/coronavirus>

- [Small Business Survival Guide to Combat COVID-19](#)
- [State Resources](#)

State governments are developing unique resources, financial relief and grants for small businesses and individuals. Google "YOUR STATE

NAME, Small Business Relief, COVID-19” to see what’s available in your state.

- City/Municipal Resources

Some city governments are also developing unique resources, relief and grants for small businesses and individuals. Google “YOUR CITY NAME, Small Business Relief, COVID-19” to see what’s available in your state.

- Your local Chamber of Commerce

Check with your local chamber to learn more about resources available for your business

- [Facebook \\$100 Million Grant Program](#)

Facebook \$100 Million Grant Program for small businesses to include ad credits and cash grants for operational costs such as paying employees and paying rent. [Learn more](#)

- [Facebook Business Hub](#)

Tips and resources for businesses trying to survive during the outbreak:
<https://www.facebook.com/business/boost/resource?ref=alias>

[All Business Articles](#)

[Press](#)
[History](#)
[Careers](#)
[Award Recipients](#)
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