

Finally, physical activity and exercise can improve our health, make us feel better, give us more energy and it reduces the risk of developing several diseases like diabetes and heart disease. In this time of increasing restrictions on our movement with Coronavirus, it is still crucial we are active for 60 minutes a day. Being active also releases natural endorphines that make us feel much happier. It also tires the children out and some peace and quiet may ensue (not guaranteed!).

There are many ways we can keep fit at home with no equipment. You Tube has a plethora of content - obviously, please supervise the children while they are using this platform. These are some of the best ones where children (and you) can literally just follow them - (click, play, workout) **Sallys** - awesome strength workouts. There are Sallys for squats - the easiest, stomach/core which is harder and if any of you can complete Sally arms, you get a gold medal!

Sally squats: <https://www.youtube.com/watch?v=bq16sIU2A7k>

Sally core: <https://www.youtube.com/watch?v=Q9cniVL4Apc&t=18s>

Sally arms: <https://www.youtube.com/watch?v=41N6bKO-NVI>

Moovlee - there are so many workouts - yoga, meditation and active workouts. Here are a couple of good ones: <https://www.youtube.com/watch?v=7i0tUVNHfLA> and <https://www.youtube.com/watch?v=toi50kBcLM8>.

Joe Wicks the Body Coach:

Joe Wicks is brilliant - he has hundreds of workouts on his YouTube channel specifically for children, but also tons for adults to do too. It is important that children do the children's workouts as they are specifically designed for their growing bodies. All of the workouts need little space and no equipment and are really easy to follow.

Cosmic Kids Yoga:

We use these a lot in school and the children love them. There are lots to choose from and they too have their own YouTube channel.

Government advice is to still be active and even if self-isolating, it is important to go out, but keep away from others. This means a walk, a run, a cycle or scooter is an option, but no close contact with anyone.

Home Circuits:

This is a really fun way to keep fit - design your circuit, set up your timer, get some music on and off you go! Here is one idea that may work at home: star jumps, press ups, sit ups, sprint on the spot, tricep dips (Use the edge of the sofa), lie on back and do leg raises, jumping squats, plank, punches (stand with legs apart and punch forward with alternate arms as hard as you can), squat with alternate knee raise, punch up in the air (straight up above your head) with alternate arms, crunches.

You decide on the work/rest balance. Start with 30 seconds work and 30 seconds rest between each exercise, then try 35 seconds work with 25 seconds rest and aim for 40 seconds work and 20 seconds of rest.

Keep active and enjoy!