

Stay at Home Survival Guide

Health and Wellbeing Fitness Special

Welcome

It is really important in these testing times to try and keep your body fighting fit. The best way to do this is to keep active by doing at least 30 minutes of exercise each day. We have compiled some easy ways to stay active, keep fit or have a go at something new. Let us know how you get on.



[Click here to try a work out with Joe](#)



[Click here to try some beginners Yoga](#)



[Our students have been keeping active at home.
Can you do some too?](#)



[Click here to try Dina Asher Smiths weekly living room cup](#)

The Stay-at-Home Mom Survival Guide

[Click here to find out how other mums are keeping fit and active](#)



[Click here to find out when to exercise during Ramadan](#)

If our staff are keeping active



You!
Can!
Too!

[Click the picture watch the video](#)



Planning, play and learning ideas for self-isolation

