



- Plan and select positive workouts that you are going to ENJOY.
- Build in structure & purpose around every day - use workouts to do this - this will in turn help motivation, mood, mental and emotional health.
- Pick 2-3 workouts from the provided lists and do on Monday, Wednesday and Friday.
- Walk and choose a step target to give you a goal (on Tuesday, Thursday and weekends)
- Patience - After 3 weeks of lockdown we naturally become impatient - build in these tips and we will make it to the end of lockdown.

Free Workouts

1. Circuits: <https://www.instagram.com/carolinepearce/?hl=en>
2. Full body: <https://www.instagram.com/oluchf/>
3. Fighting Fit: <https://www.instagram.com/overthrownewyork/>
4. Yoga: <https://www.youtube.com/user/yogawithadriene/featured>
5. Dance: <https://www.instagram.com/explore/tags/zumbavirtual/>

Paid Workouts via recommended platforms

1. VARIIS <https://www.variis.com/> (US only)
2. FIIT <https://fiit.tv/>
3. ZWIFT <https://zwift.com/uk>
4. BMF <https://www.bemilitaryfit.com/bmf-at-home->
5. ToneHouse: Unleash your inner athlete <https://tonehouse.com/schedule/>
6. Barrys: <https://www.barrys.com/barrysathome/>
7. Move with Kendra: <https://msha.ke/kendrakerley/>
8. Ballet Beautiful: <https://www.balletbeautiful.com/store/streaming-videos>
9. Y7 Hip Hop Yoga <https://online.y7-studio.com/>