

# STAYING ACTIVE AND HEALTHY DURING THE SCHOOL CLOSURE

## BEING ACTIVE FOR AT LEAST 30 MINUTES PER DAY

Follow the below links and attachments for accessible ways to stay active. You should look to progress through the stages of difficulty as the weeks go on.

<https://www.fitnessblender.com/videos>

Joe Wicks - Absolute Beginners HIIT Workout (Duration 22 mins)

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

Joe Wicks - How to Cool down after exercise (12 mins)

<https://www.youtube.com/watch?v=RDsdplsAqK8>

10 Explosive Speed Exercises | No Equipment/Bodyweight Training You Can Do Anywhere (8 mins)

[https://www.youtube.com/watch?v=FYJJbwG\\_i8U](https://www.youtube.com/watch?v=FYJJbwG_i8U)



## LOOKING AFTER YOUR PHYSICAL AND MENTAL HEALTH

Yoga for stress relief (20 mins)

<https://www.youtube.com/watch?v=owZXTRESI68>

Yoga For Self-Regulation

<https://www.youtube.com/watch?v=VWIdRqRfspBE>

Mindfulness Meditation for Kids | BREATHING EXERCISE | Guided Meditation for Children (12 mins)

[https://www.youtube.com/watch?v=Bk\\_qU7I-fcU](https://www.youtube.com/watch?v=Bk_qU7I-fcU)

Yoga for Teens

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

TedTalk: Active body/active mind

<https://www.youtube.com/watch?v=YPZ-IQATJ4g>



## DIET AND HYDRATION

It is imperative that you follow a balanced and healthy diet throughout this stage as well as ensure that you are hydrated. Follow the podcast link below for discussion on the following and many more:

<https://thefoodmedic.co.uk/the-podcast/>

Boosting your immune system.

Food for fitness.

Food can fix it.

Nutrition Q&As

