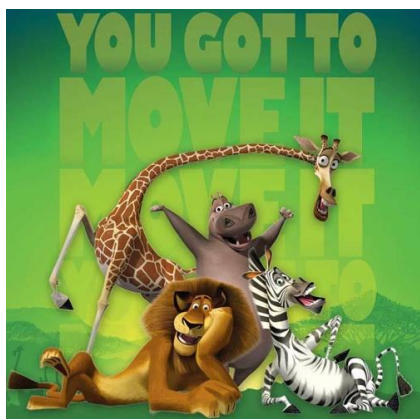


I LIKE TO MOVE IT, MOVE IT!



Regular exercise, a good workout or yoga session can help you feel great, building muscle tone, strong bones, a healthy heart and improved mental health. And those endorphins exercise releases in our body! Wow! A natural, easy way to life your spirits and feel good.

A bit tricky to move it, though, when you're restricted to home, but you can develop your own workouts with ideas inspired from your regular training or the web, search for and follow favourite exercise practitioners on You Tube or Google, workout at home with on-demand programs, such as Les Mills On-Demand (10 days free trial but then a service fee), or perhaps your own gym or coach can provide a workout program or online sessions for you. Some links that might help get you moving and your endorphins firing:

Strava app

www.strava.com The Strava app (which means “to strive”) is switched on when begins. It measures distance and time. The route is mapped via GPS so the user can see precisely where they've been and what they've done. Kilometres and time are tracked over weeks and months so cumulative totals can be reviewed. You can also create 'segments' and compare him or herself to track improvement over time. Strava also has a positive social aspect. 'Kudos' are given by friends when someone achieves a goal. This app promotes goal-setting, optimism, social connection, and physical health – all of which are powerfully linked to wellbeing.

MyFitnessPal app

www.myfitnesspal.com If you'd like to log and track your weight, workouts, food and fitness goals then try My Fitness Pal. It also functions as a social network so you can connect with mates to challenge each other or share your healthy-lifestyle struggles, tips and inspiration. Premium features include nutrient tracking, exclusive articles and an ad-free interface. Compatible with Android and iOS devices.

L I V E S T R O N G.COM <https://www.livestrong.com/article/476879-why-is-exercise-important-to-teenagers/>

<https://www.livestrong.com/article/522740-good-exercise-routines-for-teens-at-home/>



<https://greatist.com/fitness/50-bodyweight-exercises-you-can-do-anywhere>



<https://www.nerdfitness.com/blog/the-7-best-at-home-workout-routines-the-ultimate-guide-for-training-without-a-gym/>

SELF <https://www.self.com/story/best-youtube-yoga-channels>

YOGA with
ADRIENE

FIND WHAT
Feels Good

<https://www.youtube.com/user/yogawithadriene>

TeensHealth™

<https://kidshealth.org/en/teens/easy-exercises.html>



<https://www.lesmills.com/au/ondemand/>



<https://www.youtube.com/user/yogawithkassandra>