



## Keep Active

Regular exercise can have a profoundly positive impact on Mental Fitness. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood.

“Your body is all you need; anything outside of that is an added bonus. You can turn any environment into your workout space, and there are no excuses not to get a really good workout when you're home.”

*There are a multitude of apps and YouTube clips available to keep your Mental and Physical Fitness optimum on both App Store and Google Play. Share with your family and friends if you find any interesting ones.*

### Apps:



*Nike Training Club*

Free Download and Sign Up – Easy to use videos talking you through each exercise, ranging from circuit style to yoga workouts. Beginner to Advanced options available. A Range of sessions from 15 minutes to 1 hour.



*Seven – 7 minute workout*

Need something to do but don't have much time? Free Download and Sign Up - Streaks for continued achievements and completion of 7 minute workouts aimed to improve various aspects of your fitness.

### YouTube:

Just Dance – Various artists/songs for a Cardio workout.

Subscribe to Joe Wickes “The Body Coach TV” for various Cardio and circuit style workouts. Click on the link below, or just type these in to the YouTube search bar:

[20 minute full body HITT workout](#)

[20 minute HITT Beginners workout](#)

[25 minute full body workout](#)

[16 minute low impact no noise workout](#)