

Every day please do at least 25 minutes of exercise (you can break this up). Below are some links to Joe Wicks, go noodle and yoga.

<https://www.youtube.com/channel/UCAxW1XT0IEJo0TYIRfn6rYQ>

<https://app.gonoodle.com/login>

<https://www.youtube.com/watch?v=LhYtcadR9nw>