

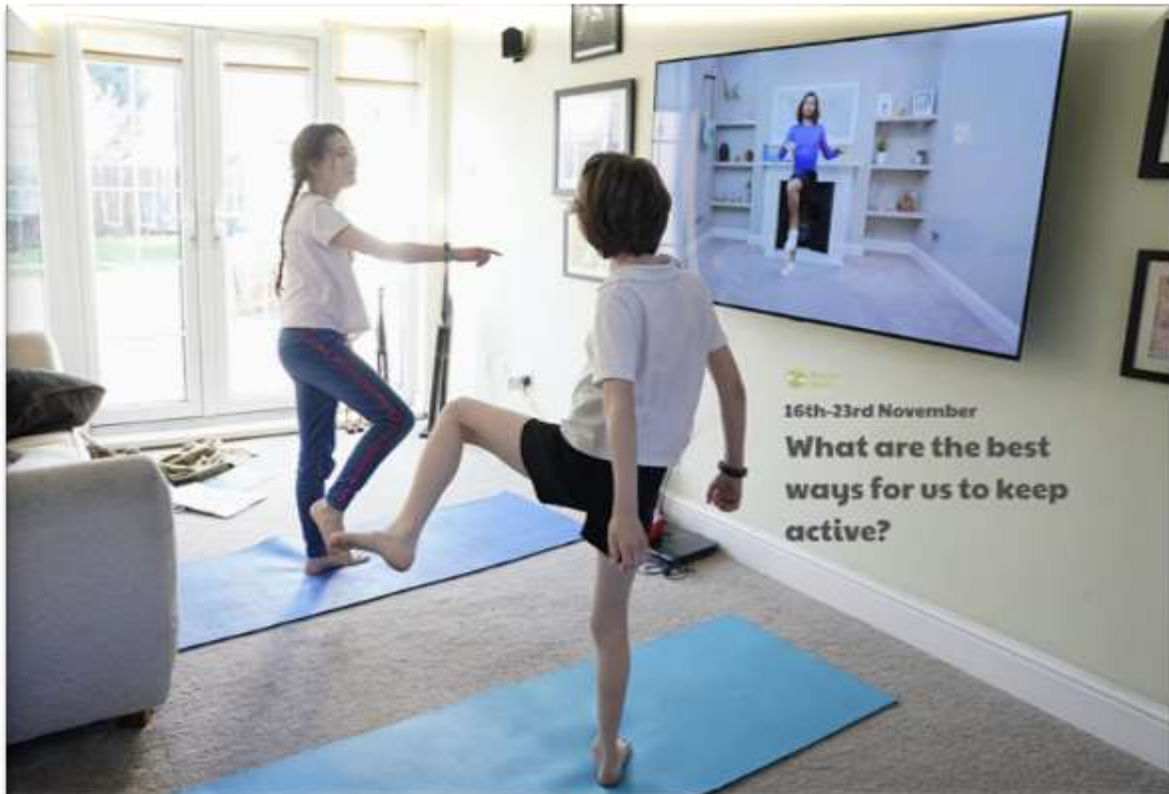


Picture News

at Home




16th November 2020

What's going on this week?



Personal trainer, Joe Wicks announced on social media that he will be returning to recording his exercise class - Wake Up With Joe. Joe says he wants to help us to get a bit more exercise in our lives. Apart from keeping our bodies healthy, experts say that working out promotes positivity and good mental health. The sessions started on Monday November 9th and are running each Monday, Wednesday and Friday at 6am on his YouTube channel.

Things to talk about at home...

-  Think about your usual routine. What parts of your day are you active?
-  Are there any particular active hobbies you enjoy taking part in?
-  How do other people in your household remain active? Do you prefer activities where you are active together or by yourself?

Please note any interesting thoughts or comments here...



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