

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

Instructions:

1. Put this PowerPoint into presenter mode. Click the icon on the bottom right of the screen next to the zoom bar or press the keys FN and F5 simultaneously. Then select which work-out/activity you would like to do by clicking on the image. This will then send you to the Youtube video.
2. Alternatively, you can chose which work out you'd like to do by scrolling through the slides using the side panel on the left. Once you have found an activity right click on the image and select 'open hyperlink'. This will then send you to the Youtube video.



Open Hyperlink

NETFLEX

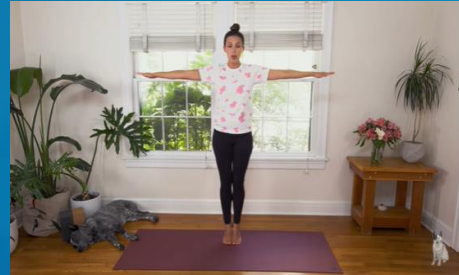
Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

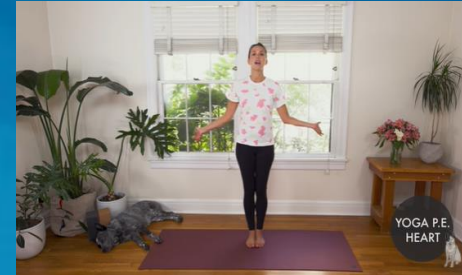
YOGA P.E by YOGA WITH ADRIENE



12 Mins – Yoga P.E - Mind



10 Mins - Yoga P.E: Body



10 Mins - Yoga P.E: Heart



10 Mins – Classroom Yoga



20 Mins – Yoga for Teens



10 Mins – Morning Yoga



12 Mins – Brain Power



17 Mins – Rainbow Yoga



7 Mins - Meditation



6 Mins – Desk Yoga



6 Mins – Yoga Chill



7 Mins – Yoga Boost

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

FLEXIBILITY STRETCHING



30 Mins – Beginner
MADFIT



20 Mins – Loew Body
MADFIT



15 Mins – Full Body
MADFIT



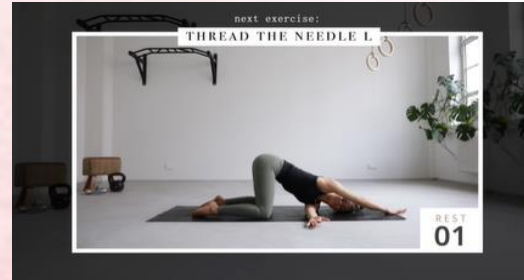
20 Mins – Anxiety Relief
MADFIT



30 Mins – Full Body
ASKDOCTORJO



20 Mins – Full Body
TOM MERRICK



15 Mins – Full Body
MADY MORRISON



30 Mins – Stress Relief
FITNESS BLENDER



20 Mins – Ballet
KATHRYN MORGAN



16 Mins – Yoga
YOGA WITH ADRIENE



15 Mins – Martial Arts
PENTAGON MMA



20 Mins – Beginner
TOM MERRICK

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

STRETCHING for PAIN + STIFFNESS by ACTIV CHIROPRACTIC



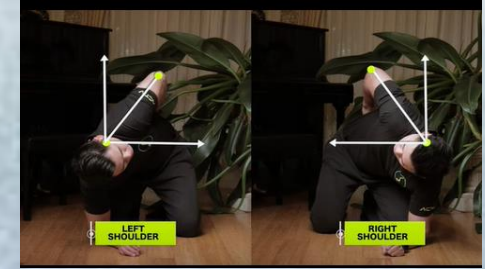
3 Mins – Carpals/Hands



10 Mins – Shoulder/Neck



3 Mins – Rotator Cuff/Shoulder



13 Mins – Upper Back



15 Mins – Lower Back



5 Mins – Posture/Back



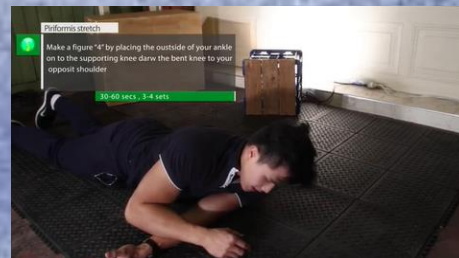
10 Mins – Hip Mobilisation



12 Mins - Core



10 Mins – Knee



4 Mins – Everyday Whole Body



4 Mins – Ankles/Calf



10 Mins – Sleeping Position

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

WAKE UP WITH JOE by THE BODY COACH TV



Day 1 – 15 Mins – HIIT



Day 2 – 15 Mins – Full Body & Core Finisher



Day 3 – 15 Mins – Dynamic Working Sets



Day 4 – 15 Mins – Cardio vs Abs



Day 5 – 15 Mins – Full Body



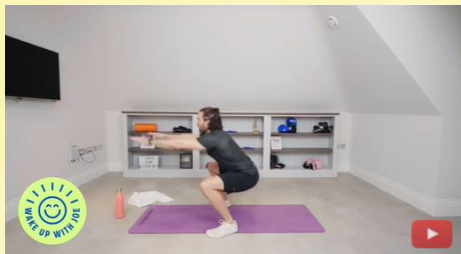
Day 6 – 15 Mins - Tabata



Day 7 – 15 Mins – Ascending Ladder



Day 8 – 15 Mins - Core



Day 9 – 15 Mins – Working Sets



Day 10 – 15 Mins – Working Sets



Day 11 – 15 Mins – Working Sets



Day 12 – 15 Mins – Killer Cardio

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

HIIT WORK OUTS



30 Mins – Cardio
SELF



15 Mins – Full Body
NATACHA OCEANE



10 Mins – Abs
NATACHA OCEANE



30 Mins – Tabata Burn
POPSUGAR FITNESS



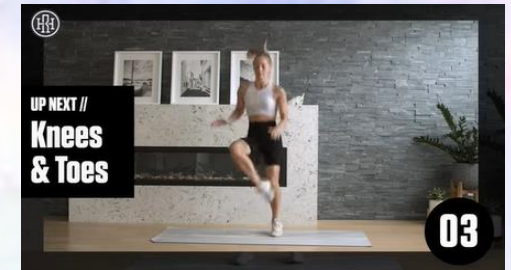
27 Mins – Abs/Cardio
GROUP HIIT



30 Mins – Full Body (Low Impact)
HEATHER ROBERTSON



30 Mins – Full Body
MADFIT



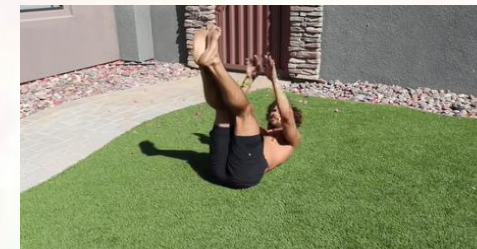
20 Mins – Killer Cardio
HEATHER ROBERTSON



25 Mins – Hip Hop Tabata
POPSUGAR FITNESS



30 Mins – Le Sweat Cardio
POPSUGAR FITNESS



15 Mins – Full Body
THE BODYCOACH TV



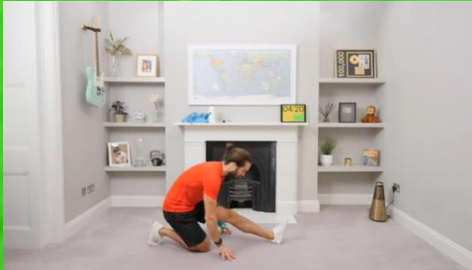
20 Mins – Full Body
FITNESSBLENDER

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

P.E WITH JOE by THE BODY COACH TV 30 Minute Workouts



8th April – Full Body



23rd April – Heads/Tails Challenge



27th April – Wheel of Fortune



11th July – Upper/Lower/Core



4th May – P.E with Rosie



10th June - Tabata



24th June – Abs/Legs/Upper/Cardio



20th May - HIIT



1st May – King Arthur



5th June – The Flintstones



29th May - Panda



19th June - Spiderman

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

DISNEY THEMED DANCE WORKOUTS by KYRA PRO



10 Mins – Moana, Aladdin, Mulan



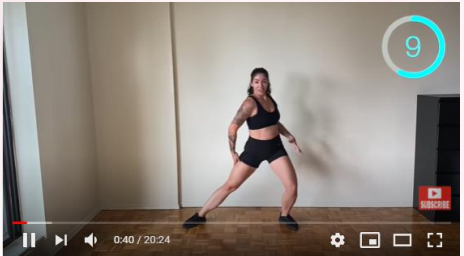
15 Mins – The Little Mermaid, Beauty and the Beast x 2, Frozen



15 Mins – Zootopia, Hercules, The Lion King, Moana, Tangled



10 Mins – Princesses



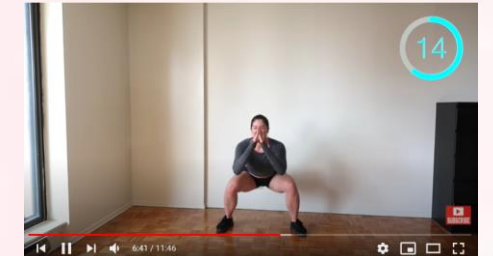
20 Mins – Villains



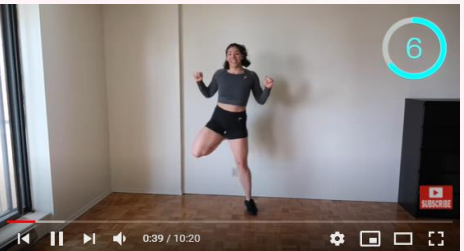
20 Mins – Spooky Season



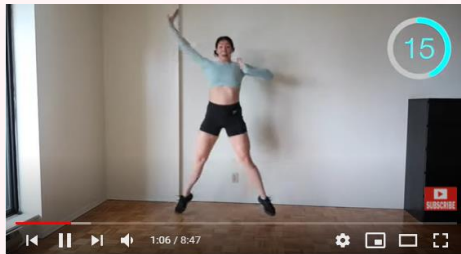
20 Mins – Frozen



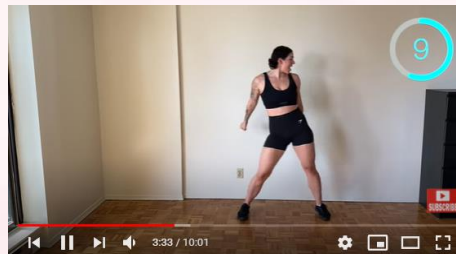
10 Mins – Mulan



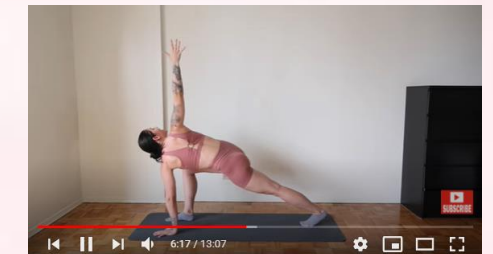
10 Mins – High School Musical 1



10 Mins – High School Musical 1



10 Mins – High School Musical 2



15 Mins – Yoga & Stretch

NETFLEX

Daily physical activity is very important to help keep a healthy mind and body. Click on an image below to try a workout. You should be aiming for between 30-60 minutes of exercise every day!

HEALTHY BODY = HEALTHY MIND

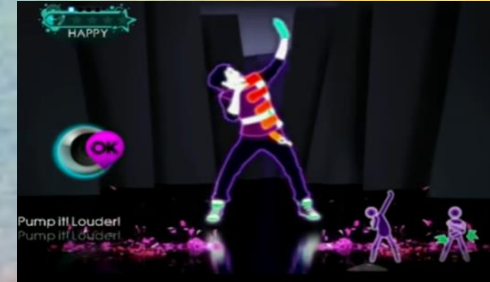
JUST DANCE



On the Floor - Solo



Livin' La Vida Loca - Solo



Pump It - Solo



The Ketchup Song - Pairs



Timber - Pairs



The Final Countdown - Pairs



Greece - Pairs



Up Town Funk - Trios



Waka Waka - 4s



YMCA - 4s



Pound the Alarm - 4s



What Makes You Beautiful - 4s