



Starting Monday 23rd March Joe Wicks, AKA The Body Coach, will be hosting a free workout aimed at kids LIVE on my YouTube channel.

No equipment needed!

Tune in to his YouTube channel at 9am each weekday morning for a 30-minute, fun workout!

If you don't want to start the "school day" with PE, the videos are available to watch on YouTube at any time of day!

Exercise is an amazing tool to help us feel happier, more energised, and more optimistic.

The workouts will be fun and suitable for **all ages** and even adults can get involved.

<https://www.youtube.com/user/thebodycoach1/videos>