

Ways to stay busy while you are self-isolating

Website and brief description	Link
<u>10-minute home workout</u> Burn calories, lose weight and feel great with this 10-minute home cardio workout routine for aerobic fitness.	https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/
<u>Get fit in the kitchen</u> No need for the gym or fancy equipment just baked bean tins and a little motivation.	https://www.bbc.co.uk/programmes/articles/5YK40YBsmmCxPJ1p6cXc4dT/the-tea-time-toning-challenge-makeyourmove
<u>Yoga for beginners</u> Take up a new hobby and try 10-minute morning yoga for beginners.	https://youtu.be/VaoV1PrYft4
<u>Solihull Active</u> Solihull Active have pulled together some of the best ideas and tips to help you and your family get active at home.	https://www.solihullactive.co.uk/stay-active-while-at-home/
<u>Challenges of working from home</u> A collection of resources to help you stay focused; keep your anxiety levels low and support your colleagues.	https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-coping-with-the-challenges-of-working-from-home/
<u>Desk exercises</u> Eight great desk exercises to do whilst working from home.	https://youtu.be/WtSPnLR_Gks
<u>Back exercises</u> Exercises to help your back whilst working at home.	https://youtu.be/5FO8EBx174s
<u>Shoulder exercises</u> Exercises to help your shoulders whilst working at home.	https://youtu.be/VS0kA0u2mS4
<u>Teaching the children whilst self-isolating</u> Handy tips and tricks to help you keep your children stay focused and motivated to study.	https://www.cnbc.com/2020/03/27/coronavirus-five-life-lessons-to-teach-kids-while-self-isolating.html
<u>Easy baking recipes</u> Try a simple baking recipe for sponge cakes, cupcakes, traybakes and biscuits.	https://www.bbcgoodfood.com/recipes/collection/easy-baking-recipes