

Healthy Bodies during Coronavirus

A List of the best cooking and family friendly physical activities.

There are so many ways to stay active and lead a healthy lifestyle whilst your children are at home. It is fantastic that there are so many Live workouts or daily activities to do. We have therefore compiled list of where to find the best activities.

Monday	9am	3:05pm	4pm	5:30pm
	PE with Joe Wicks https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1	Yoga https://www.facebook.com/events/225697395463020/	Live cook along with celebrity chef @theocooks	Channel 4 Keep Cooking Carry On Cooking with Jamie Oliver You can catch up with all the episode of All4
Tuesday	9am	1:30pm	3:05pm	5:30pm
	PE with Joe Wicks https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1	Dance with Darcey Bussell via the DDMX Facebook page https://t.co/gxNHvRLJNk	Football https://www.facebook.com/events/220516172642673/?event_time_id=220516179309339	Channel 4 Cooking with Jamie Oliver
Wednesday	9am	3:05pm	4pm	5:30pm
	PE with Joe Wicks https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1	Dance https://www.facebook.com/events/631402314373322/	Live cook along with celebrity chef @theocooks	Channel 4 Cooking with Jamie Oliver
Thursday	9am	1:30pm	3:05pm	5:30pm
	PE with Joe Wicks https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1	Dance with Darcey Bussell via the DDMX Facebook page https://t.co/gxNHvRLJNk	Football https://www.facebook.com/events/220516172642673/?event_time_id=220516179309339	Channel 4 Cooking with Jamie Oliver
Friday	9am	3:05pm	4pm	5:30pm
	PE with Joe Wicks https://www.youtube.com/user/thebodycoach1/videos?disable_polymer=1	Yoga via https://www.facebook.com/events/2293618850931225/	Live cook along with celebrity chef @theocooks	Channel 4 Cooking with Jamie Oliver