

### Indoor exercising ideas

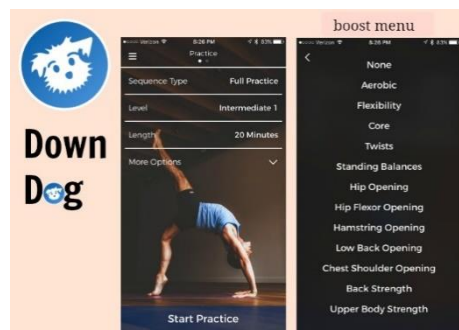
There are a range of apps and websites which are currently offering free exercise workouts and programmes to support completing exercise indoors.

Some recommended activities for students are:

- Virtual PE classes everyday by [The Body Coach](#)- Joe Wicks is currently offering a daily PE class online for students to do at 9am on YouTube.



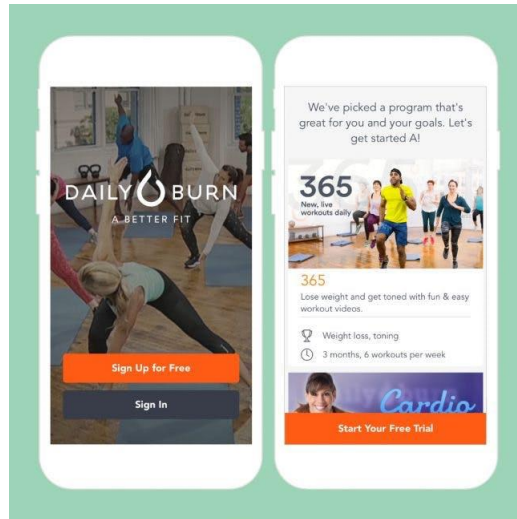
- Pilates and Yoga- There are many YouTube videos which offer 30 min Yoga and Pilates sessions. [Down Yoga](#) is currently a free app for students.



- ASICS Studio App- Currently a free app which has 10 mins programme with videos, which can be done with no or little equipment indoors or outdoors.



- [Daily Burn](#) is streaming over 2,000 free exercise classes



- [Planet Fitness](#) is streaming daily 20-minute workouts that don't require any equipment.



- [Log It](#) lets students enter the number of steps they took each day and track how far they've travelled on a virtual map. This could create a great bit of competition for all the family!



### Additional information

For more information about supporting your child with keeping healthy:

- **Healthy Children** has articles on fitness, nutrition, health, mental wellness and specific sports.
- **Kids Health** has articles on the importance of exercise for parents, kids and teens.