

# Keeping Fit at Home

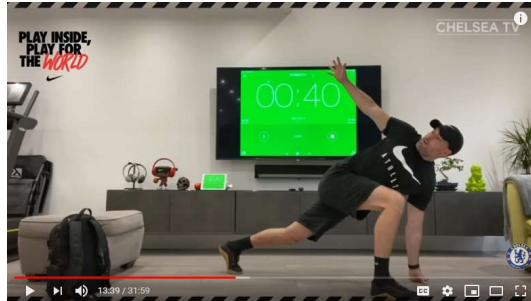
There are lots of fun ways to keep fit and active inside your home, even in a small space.

Make sure you are keeping up with daily activities and **filling out the fitness diary** to keep track and set yourself achievable goals and targets.



Choose your football club and workout with your favourite players. No football required for many of the workout videos.

<https://www.premierleague.com/news/1647476>



Stretch and strengthen your body with regular yoga practise. No equipment and not too much space needed. If you floor is slippery, maybe lay down a towel. Remember to breath!

<https://www.youtube.com/watch?v=X655B4ISakg>



Can you remember any Capoeira dance moves? Ginga? Bencao? Esquiva? Join in and practise the moves. Some of the more advanced moves need a little bit more space, so please be careful!

<https://www.youtube.com/watch?v=SYCkpOTcONY>

