

Funsters/Fun and Friendship at home

- Week 2

Hello everyone!

Hope everyone is keeping well. We all know it is really important to keep active, fit and healthy but during lockdown it might not be as easy. Hopefully, this weeks activity will be able to help.

To contact me please email
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Activity

This week we would like you to do some exercising. You can either watch the video of the awesome Tom Rigby at Equilibrium Gym and take part in his short workout. Or you can look at the following links for more exercise and movement ideas.

<https://tacpac.co.uk/>

https://www.facebook.com/pg/TumbleTotsHQ/videos/?ref=page_internal

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

<https://www.bbc.co.uk/cbeebies>

DO NOT TAKE PART IN ANY PHYSICAL ACTIVITY THAT COULD RESULT IN YOUR INJURY



What you need

Something to watch the exercise videos on.

