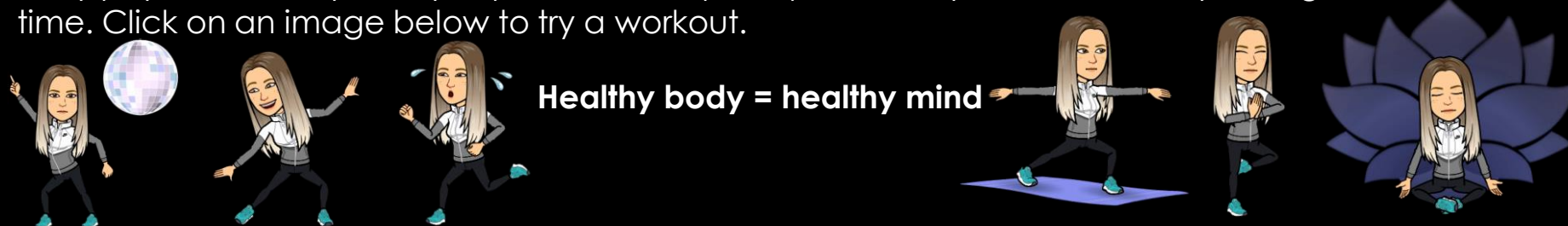


NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind

P.E. with Joe



P.E. with Joe | Week 1



P.E. with Joe | Week 2



P.E. with Joe | Week 3



P.E. with Joe | Week 4



P.E. with Joe | Week 5

Superhero workout



Yoga



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



Just dance



Fitness fun



PE at home: challenge



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



HP & SW workout



Dance

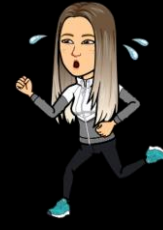


Mindfulness



NETFLEX

Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



Our bodies



Our bodies



Healthy eating

