

Starting Monday 23rd March, I'm going to be hosting a free workout aimed at kids LIVE on my YouTube channel.

With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive.



Exercise is an amazing tool to help us feel happier, more energised, and more optimistic.

The workouts will be fun and suitable for all ages and even adults can get involved.

You don't need any equipment, just tune in to my YouTube channel at 9am each morning for a 30-minute, fun workout.

One more thing! I really need your help to spread this message. So please please share this with everyone that might like to get involved, and together we can help keep the nation moving 🧠

<https://www.youtube.com/thebodycoachtv>

Lots of love, Joe x