

Exercise Videos

Jayne Wetton Fitness - Gentle Exercise Home Workout (30 mins) -
https://youtu.be/yIm_17ZuBO0

Jayne Wetton Fitness - Seated Exercise (10 mins)
<https://youtu.be/KRmW0Mwrt54>

British Heart Foundation - Living room workout (10 mins)
<https://youtu.be/O5YX5xg8Seg>

Age Uk - Chair based exercises to do @ home (10 mins)
Exercise @ home for the over 50's (40 mins)
generationgames.org.uk

StayInWorkOut - NHS Home Workouts (10 mins)

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>