

Hello everybody,

How are you all doing? I would like to begin my letter by saying thank you for all your efforts and hard work you are doing at home.

I have been adjusting myself to our new routine staying at home and I was wondering what do you guys do to keep yourselves active? Remember that taking regular exercises has many benefits for our health and that's why I would like to share what I usually do in my daily routine to keep myself active.

Every morning and after having my breakfast I start with my exercises and, do you remember the first thing we need to do before starting any physical activity? Exactly! We need to warm up first, so I use my skipping rope, then I do a range of exercises such as jumps, jump side-to-side, front-to-back, one foot hops, legs-ups, sit-up and I finish with cool down stretches.

Let's try to be more active and make sure you have your water bottle close. You can also invite your family members to do so.

Think creative movements and enjoy!

This is the message of the week.



Stay safe,

Miss De Santiago-Garcia