

Hello,

Madam President asked that I send out to you links to some of the YouTube exercise videos that I have used to stay active during lockdown. Many are entertaining too.

One of my favorite instructors is Paul Eugene, he is humorous and entertaining.

Paul Eugene Exercise Videos:

<https://www.youtube.com/channel/UCOncjSYWSfEgoIenG888Cnw>

Another Favorite is Curtis Adams:Down to earth, more strenuous

<https://www.youtube.com/channel/UCIgc4xnaq5IMq8KZaPDccg>

Standing and seated Exercises:

<https://www.youtube.com/watch?v=ASXGYu7IFxE>

Drink lots of fluid and Stay active!

Link Victoria