

# UVHS Learning Through Enrichment



## Joe Wicks Keep Fit!

### Mrs Morris says:

"I am a big fan of PE with Joe ( The Body Coach) and his HIIT (High Intensity Interval Training ) sessions are suitable for all the family!

The benefits of this type of training include:

- ✓ It's fun
- ✓ Increased cardio-vascular fitness (Heart health)
- ✓ An increased ability to concentrate
- ✓ Increased muscular fitness (Strength)
- ✓ Increased flexibility
- ✓ Exercise increases our feelings of wellbeing as it releases naturally occurring 'happy' chemicals in our body such as serotonin – you can MOVE your MOOD.
- ✓ Exercise can also help us to sleep better at night."



**Joe Wicks** "...it really is going to help you get through your day and help you feel happier. I can't stress how important it is this year to be exercising, moving your body, getting out and doing what you can...even if you have to do it in your living room or your bedroom; just do something!"

Joe Wicks 20 minute sessions are all online – check the link out below now!

<https://www.youtube.com/watch?v=WDvjqO2VXa8>



Recommended by: *Mrs Morris*



Don't forget to share your progress on Teams 😊