

**Dear Parents & Students,**

**Hope you are all doing well!**



**We know that there is a tense and stressful situation right now and this COVID-19 pandemic has greatly affected our lives. We do not need to panic but adapt ourselves to the current situation. This is the time to implement the theory of “survival of the fittest” in our lives and transform ourselves into the fittest beings, not only physically but mentally as well. Exercising is a great way to keep ourselves healthy and cope up with the stress as well. Here, we are suggesting a couple of exercises that are quite necessary amid our ongoing lifestyle (links attached).**

**Along with our fitness regime there are a few other things that are crucial for our wellbeing:**

**\*Follow the advisory issued by our medical community and the Govt. of UAE.**

**\*Meditate and/or pray daily to calm our minds and raise consciousness.**

**\*Get ample sleep and regulate our sleeping patterns.**

**\*Take meals on time, try to take a balanced diet and include fresh fruits and vegetables in our diet.**

**\*Drink plenty of water.**

**\*Motivate our friends and family to engage in physical workout.**

**\*Be in touch with the people so that all of us do not feel lonely or left out.**

**It's evident from history that every struggle and tragedy gives birth to something new, we just need to stay strong enough to witness that dawn. We must remain positive and healthy so that we can take good care of our loved ones too and to bring out the best in us. Be creative and more productive so that we emerge amidst this crisis as the far much better versions of ourselves.**

**Thank You,  
Physical Education Department**



## **Links for Yoga**

***Yoga for Complete Beginners - Yoga Class 20 Minutes***

<https://www.youtube.com/watch?v=0o0kNeOyH98>

***30 minute Morning Yoga for Flexibility | Full Body Yoga Stretch***

<https://www.youtube.com/watch?v=yyYlVOqgi0A>

***Power Yoga Workout***

<https://www.youtube.com/watch?v=I5X2xS5dAdU>

***Yoga Practice Videos***

<https://www.youtube.com/user/YogaVidyaEnglish/playlists>

***45 Minute Yoga Class***

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

***Yoga for Weight Loss Yoga Workout (1 hour)***

<https://www.youtube.com/watch?v=yUtK7v3dsr0>

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## **Links for Zumba Workout, Cardio, Abs, Belly Fat**

***60 Minute Cardio and Abs Workout***

<https://www.youtube.com/watch?v=s3zAG4zvVpc>

***Aerobics dance exercise | aerobics for beginners***

<https://www.youtube.com/watch?v=4GyKfkSReLo>

***45 Min Cardio and Abs Workout***

[https://www.youtube.com/watch?v=eHUX2Gz\\_dhg](https://www.youtube.com/watch?v=eHUX2Gz_dhg)

***30 Min Fat Burning Cardio Workout***

<https://www.youtube.com/watch?v=LURrN6cEBRQ>

***30-Day Core & Cardio Challenge to Burn Belly Fat***

<https://www.youtube.com/watch?v=1weJcbV54S0>

***How to Lose Belly Fat the Zumba Workout for Beginners***

<https://www.youtube.com/watch?v=-VXhoeaxxi0>

***30 Minute Exercise Routine To Lose Belly***

<https://www.youtube.com/watch?v=zXyfhok-oKQ>

***12 Minute Flat Abs at Home! Burn That***

<https://www.youtube.com/watch?v=Bq778fD-G4U>