

Exercise at home

- Vitality desk exercise - Triceps dips: <https://youtu.be/UQh67IXPies>
- Vitality desk exercise – squats: <https://youtu.be/MupolauWm7l>
- Muscle and Movement exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-YlekZHiHb7aPMUJz2WqOhX>
- Stretches: <https://www.youtube.com/playlist?list=PLJhqVCXdh-YxOR6179YUvo0Pggk-Fhyw>
- Mobility Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-Zny0V2lDWZle3DvHlcJa9H>
- Strength Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-ZnkSsNiqUKUjB8PGADfkVa>
- Beginner Stretches: <https://www.youtube.com/playlist?list=PLJhqVCXdh-anKcdria2-apeT3NjBX0Dj>
- Intermediate Stretches: <https://www.youtube.com/playlist?list=PLJhqVCXdh-YooMI-jtP734QWafAgbBI9>
- Advanced Stretches: <https://www.youtube.com/playlist?list=PLJhqVCXdh-Y1L3nDeXLXNdNw0P9Ap8We>
- Beginner Mobility Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-bPDgdPV2BH-jX4aetDu-nQ>
- Intermediate Mobility Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-YuO2dl8uC543Asp1zseidn>
- Advanced Mobility Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-YdTgQNVOFK-DpvF8GtwkXE>
- Beginner Strength Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-ZFC7AzkxsA-FmgWiBOBI6o>
- Intermediate Strength Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-b9fmkiKT-IMMVT5VWCoot2>
- Advanced Strength Exercises: <https://www.youtube.com/playlist?list=PLJhqVCXdh-b-grHvKSjdc7BUgquqjH>

Vitality Healthy kids

- Spend more time with the family. All our members get access to our Healthy Kids area containing loads of fun activities and child-focused recipes, inspired by some of Disney's most famous stars!
- <https://www.vitality.co.uk/family/kids/about/>