

Are you looking after your wellbeing during this increased amount of time spent indoors?

The wellbeing team have gathered together a list of activities that you can do without leaving your house, which I will be sending to you in batches over the next few weeks. We know that it can be difficult to spend all your working hours at home and then do all your relaxing and unwinding without having the option to socialise in person. That's why we have found a whole host of suggestions for you to get up to in your down-time to keep things interesting!

### Time-sensitive fitness offers

Davina McCall has offered a 30-day free membership to 'Own Your Own Goals Davina' with no need to enter any payment details to access this. It offers workouts, yoga, HIIT, Pilates, dance and wellbeing articles to get you through your extended period at home.

<https://ownyourgoalsdavina.com>

Gabby Allens training app Fiit is offering a 2-week trial where you can train in your home and virtually complete in HIIT classes, perfect for being stuck inside

<https://fiit.tv>

Lucy Mecklenburgh is doing a free, pregnancy friendly, daily fitness class every day of the week on her Instagram channel <https://www.instagram.com/lucymeck1/>

Her fitness website and app currently have a 7-day free trial and she offers 2 courses, Results with Lucy and Results with Bump for pregnant women.

<https://www.resultswellnesslifestyle.com>

### Culture and Theatre - Virtual Days Out

The Globe Theatre are offering the opportunity to watch recorded performances of their plays, available to rent, own, or send as a gift for a fixed price.

<https://globeplayer.tv/>

So many museums have uploaded virtual tours on their websites while their doors are temporarily closed. Here are 12 that you can visit now, including a giant interactive timeline of the world from the British Museum, and a 'Google street view' type walk through the Rijksmuseum in Amsterdam whilst you admire Rembrandt's works.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

The Met Opera's homepage is streaming a performance every night they are closed at 7:30pm. The recordings will still be available for 20 hours after the stream has finished.

<https://www.metopera.org/>

### TV and Films

Netflix Party - Want to recreate that feeling of watching a show with your group of friends? Download the Google Chrome extension to watch Netflix with your friends from your separate homes with synchronised video playback and a chat window to discuss all the things you would if you were together.

<https://www.netflixparty.com/>

Free Trials for streaming sites - Disney+, offering an instant stream of almost everything Disney has produced, NOW TV which offers over 300 boxsets and Prime Video with its huge range of films are a few of the many streaming platforms offering free trials at the moment. See the picture below for a breakdown of which companies are offering which deals

# Watch TV Shows & Films For FREE With Streaming Platforms



7 Day Free Trial



30 Days Free Trial



Free 7 Day Free Trial For Entertainment, Cinema, Kids & Hayu Packages



Limited 7-day trial available.



Try Free For 14 Days



Try For 30 Days As Part Of Prime Trial  
Selected Family Amazon Originals  
Free To Watch



New Members Can Get 50% Off  
Their 1st Rental



Free Films & Kids TV On  
Their App



Watch Classic Eastenders, Classic  
Casualty, The Bill For Free!