

Fitness classes

If you don't like yoga, there are plenty of other fitness classes that you could try. A lot of personal trainers are running live stream classes on various platforms. One of the most well known is 'PE with Joe'. It is a daily fitness class streamed on YouTube every morning at 9am (UK time). It was started as a way to get kids to do PE while they aren't at school but now people of all ages are getting involved. I've had a go at it with my mum. I'm not going to lie, there are some bits which are clearly aimed at young kids but most of the exercises can easily be adapted to whatever level you want. It's great for general fitness so have a go and see if you like it. And if you want a specific type of class (pilates, ballet fit, boxercise, etc) then do a quick search and I'm certain you'll find something perfect for you. Also, if you like to dance you can get involved in a whole host of streamed dance classes.

Workout

Some people may not like exercise classes and that's totally fine. Why not try a self-guided workout instead? You can find plenty of ideas and guidance online. Trust me, once you get those endorphins flowing, you'll feel amazing!

Write a book

You might think that you're 'not good enough' or you 'don't have the patience' to write a novel but I'm here to tell you that ANYONE can write a book if they want to. It could be a full length novel or a children's picture book. Just think of a plot line, plan how the story will progress (a beginning, a middle and an end) and then get writing.

Write a song

Music is a great way to express emotion. Whether you're feeling upset, frustrated or happy, write down how you feel and then think of a melody. Or if writing sheet music is more your thing then you can write the backing first and then think of lyrics to fit the mood of the piece.

Write a poem

If you aren't a skilled musician but you are good with words, try putting your feelings into a poem.