

PHYSICAL HEALTH

EXERCISE

APPS

NIKE Fitness

Google play

https://play.google.com/store/apps/details?id=com.nike.ntc&hl=en_ZA

Apple

<https://apps.apple.com/us/app/nike-training-club/id301521403>

Adidas Training / Home Workouts

Google play

https://play.google.com/store/apps/details?id=com.runtastic.android.results.lite&hl=en_ZA

Apple

<https://apps.apple.com/au/app/adidas-training-by-runtastic/id1035263816>

Youtube Videos

Popsugar Fitness

<https://www.youtube.com/user/popsugartvfit>

COOKING / MEALS

Minimalist Baker

<https://minimalistbaker.com/>

Love & Lemons

<https://www.loveandlemons.com/recipes/>

Real Food Real Deals

<https://realfoodrealdeals.com/>

Budget Bytes

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

The Stone Soup

<https://thestonesoup.com/blog/>

Cozy Peach Kitchen

<https://cozypeachkitchen.com/>

SOME NUTRITION & HEALTH TIPS

<https://www.healthline.com/nutrition/27-health-and-nutrition-tips#section21>

**Disclaimer: these are only ideas & suggestions. Please talk to a dietician or your doctor for professional advice regarding your exercise and nutritional intake.*