

Our Recommendations....

Some recommendations from your PTRC family to keep you sane whilst in lockdown!



[Jamie Oliver - Keep Cooking and Carry On - Watch on Channel 4 on demand](#)

You've told me what you need, and I've listened. In my new show, I'm sharing my easy-to-follow, super-flexible recipes with lots of useful swaps and tips to help you feed yourself and your loved ones in these unique times. Let's celebrate freezer faves, big up the store cupboard and get creative with whatever we have to hand. Let's keep cooking and carry on!

[Joe Wicks P.E Lessons - Tune in live every day 9am or watch free recorded videos - Youtube Channel](#)

Exercise is an amazing tool to help us feel happier, more energised, and more optimistic. The workouts will be fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune in to my YouTube channel at 9am each morning for a 30-minute, fun workout.



[Yoga with Adriene - Free Videos on Youtube Channel](#)

Free videos for all abilities & body types - just check out the channel to see what best suits you.

[Pilates with Kim Saha - Free Videos on Youtube Channel](#)

Kim is a Physiotherapist, Pilates and HiiT-Pilates Instructor. She believes that everyone can exercise and get fit, strong and lean if given the correct guidance



[Kay Itsines - Recorded Workouts - App & Youtube Channel](#)

I have been personal training women since 2008. We all deserve to feel great about ourselves. Everyone always says change your life today, but no one ever provides how. My life goal is to provide the how to as many women as possible.

