

1. Virtual running competition/leaderboard.

<https://www.athleticsireland.ie/news/free-virtual-runs>

2. Core workouts

<https://www.leisureworldcork.com/friday-abs-blast/>

<https://www.youtube.com/watch?v=MtzKpc5k5VQ&feature=youtu.be>

3. Whole Body workouts

<https://www.leisureworldcork.com/wednesday-workout/>

<https://www.leisureworldcork.com/start-the-week-strong/>

https://www.youtube.com/watch?v=_4RvMgzSsGQ&feature=youtu.be

<https://www.youtube.com/watch?v=mwEznIZvKL8&feature=youtu.be>

4. Mental Health and Well-being

<https://www.corksports.ie/healthandwellbeingtips>

5. Family games

<https://www.corksports.ie/index.cfm/page/family-play- games-and-activities>

6. Various sports skills challenges

<https://www.corksports.ie/index.cfm/page/sports-skills-and-challenges->