**#stay home #stay active**

As many people have to stay at home these days, they have become extremely creative in order to stay healthy and fit and there are hundreds of videos around that show how they do so.

Here is an example of a student who fulfilled task 1.

[**https://youtu.be/pRfR086CxgU**](https://youtu.be/pRfR086CxgU)

So, the task is the following:

**Task 1)**

**Create a video in which you describe the activity that you are engaged in as if it was a sports exercise.**

The following words might be useful:

* To warm up
* To work out
* To lift
* To stretch
* To bend
* To jump
* To spread
* To rise
* To push
* To pull
* Squats
* Shoulders
* Chest
* Hips
* Thighs
* Palms
* Pelvis
* Center
* Head

**Have fun!**