

## **Exercise disclaimer**

Before you start any physical activity session, please make sure that it is safe for you to exercise based on any current health or medical conditions you may have. Make sure you have plenty of space around you in order to perform any exercises that you take part in, and that you're wearing the appropriate attire, including footwear, to the activity you're participating in. If you feel ill, or unwell, at any point during the session please stop what you are doing.

## **Top tips for using Zoom**

- Mute - mute your microphone so that there is no background interference and the instructor can be heard clearly
- Pin - pin your instructor to the screen so that they remain there throughout the session
- Smile - if you're a bit shy, then feel free to turn your video off - but we would love to see you and it will help the instructor to help you during the class