\* StayFit@Home with **Ms. Bhavna Harchandrai,** Internationally certified fitness instructor and writer

\* A fun fitness workout using things commonly found at home to deal with issues related to being homebound and limited exercise options.

  \* Keep the following ready : Stable chair, 2 Equal weight mineral water bottle, Stretchy leggings / theraband, Bath towel / exercise mat, Old tie, Rubber bands

\* FAQs addressing our concerns and giving practical solutions on how we can stay fit at home.

PLUS of course the usual stuff