



Health & Care



# Wellbeing video collection

Ways to share: think about posting these on your company intranet, social feeds, or send to your people in business updates.

## Exercises & stretches you can do at home

[Easy exercises to keep you on your feet](#)

[Exercises for stability and flexibility](#)

[Home workout - A quick indoor workout routine](#)

[Obstacle course fitness circuit for parents & kids](#)

[All-in-one parkbench workout](#)

[Kettlebell workout](#)

[How to squat](#)

[How to lunge](#)

## Healthy meal & snack inspiration

[Sweet potato toast](#)

[Fun kid's snacks](#)

[Healthy avocado chips](#)

[Smokey paprika kale chips](#)

[Healthy berry smoothie](#)

[Homemade hummus with veggie dippers](#)

[Kale & heirloom tomato eggy muffins](#)

[Wholemeal pancakes](#)

[Sneakily healthy sausage rolls](#)

## Health-ify recipes

[Health-ify: 2 minute noodles:](#)

[Health-ify: Chocolate breakfast pudding](#)

[Health-ify: Shakshuka](#)

[Health-ify: Easy sushi bowl](#)

[Health-ify: Cheats chicken Banh Mi](#)

[Health-ify: 'Anytime' power pancakes](#)

[Health-ify: Meat-free mexi-bowl](#)

[Health-ify: Broccoli and ricotta bow-ties](#)

## Healthy minds

[What is gratitude?](#)

[How to deal with stress](#)

[Mindfulness minute: wind down from the day](#)

[Mindfulness minute: when you're overwhelmed](#)

## Further resources

➤ [Visit Bupa on YouTube for more daily inspiration.](#)

➤ [Visit Bupa Health Link for articles on healthy living.](#)