

Ex-Army Fitness Coach brings FREE Online Keep Fit Classes to everyone isolated because of the Coronavirus



Manchester, Apr 1, 2020 ([Issuewire.com](https://www.issuewire.com)) - Oldham, based Personal Fitness coach, Daniel Wood is spearheading the keep fit at home movement by running weekly free Keep Fit Classes on his MyBodyGuru Facebook Channel

Daniel Wood who runs the MyBodyGuru fitness class is an ex-army soldier and believes that during the essential Coronavirus lockdown imposed by the UK Government it is important that every individual has the opportunity and resources to keep fit and healthy.

"It's no brainier, with most gyms closed and restrictions imposed on our outdoor daily activities because of the Coronavirus we really do need to take advantage of every opportunity to keep fit. I'm bringing the gym to the living room. For those that miss getting out to do some exercise then my class will be ideal. You don't need expensive gym equipment, just a chair and tin of marrowfat peas will do the trick. I'll show how everyone can benefit, no matter your age or fitness ability, I'll have everyone exercising".

MyBodyGuru Daniel Wood continues, "Throughout the Coronavirus crisis we must do our utmost to keep fit and healthy. Much of what we take for granted has been taken away from us. Gyms, leisure centres, parks, they have all closed, therefore we must create different means to keep fit. That is why I introduced my online to keep fit classes, so I could bring fitness to everyone".

However Daniel also believes we should also focus on our mental health, "I think exercise is also important for mental health. Being isolated is frustrating, as is not being able to see friends and family. That's why MyBodyGuru live keeps fit classes means you'll be able to feel part of an online community all participating in my online fitness class. I'm hopeful we will make people feel better about themselves, less isolated whilst encouraging good mental health and physical fitness".

You'll also be able to watch again, at a time that suits, as each MyBodyGuru fitness class will be available to watch again at viewers discretion.

Wood continues, "So if you want to do the exercises again or you were unable to join us for the live class then you can watch again".

Daniel Wood and My MyBodyGuru aim to make affordable fitness available to everyone especially whilst people are isolated because of the Coronavirus lockdown. "As a self-employed personal fitness trainer, I make my classes freely available to everyone however if someone wishes to give a financial donation then it helps ensure we can continue the classes. I'm very grateful for any financial support, no matter how small, however, most of all I hope people enjoy my weekly Keep Fit Classes".

Notes to editor:

No embargo.

MyBodyGuru Facebook Live Keep Fit Classes take place every Saturday at 11 am UK GMT.
Link: <https://m.facebook.com/mybodyguruuk>

Daniel Wood is managing director of his own fitness business, MyBodyGuru.

Daniel Wood is 30 years old and is based in Oldham, Greater Manchester, UK.

Daniel Wood, MyBodyGuru is available for press interview and can be contacted either by phone on [07491 966942](tel:07491966942) or mybodyguru [at] [gmail.com](mailto:mybodyguru@gmail.com)

The MyBodyGuru Facebook page is: <https://m.facebook.com/mybodyguruuk>



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