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Dear Joe Wicks ,

I am writing to you because I would like to thank you for the time you spent creating live videos of different exercises that children and adults could do, while staying at home safely, during the pandemic.

I have found it a pleasure to exercise with you and I am sure that millions of people enjoyed a morning exercise as well as me. I am amazed at how many children around the world started engaging in physical activities with you. Even when there were people who were not that fit and healthy as you, they still wanted to try something new.

You have endless positive energy to everybody in your videos which I liked. I am sure that many other people agree with me as well. Schools and teachers, including my school, used your motivation to encourage children to engage in physical activities, like workouts. I also appreciate what you did because I know people who do not usually find sports fun, but when they use your videos they have big smiles on their faces.

Again, thank you for supporting people's fitness and inspiring them to exercise, during the pandemic. I think you helped a lot of people because then, they were not bored and worried at that difficult time. I value your hard work and help.

Thank You. From, Maja Wierzbowska

