



# National Lockdown Motivation



In light of the National Lockdown, we are in all hopes that all efforts invested during this period have yielded desired outcomes to curb the transmission of the Coronavirus COVID-19 outbreak. We have put together some interesting topics that could benefit your household.

## Making your money go further



We would like to believe that although staying indoors for so long has its ups and downs, it certainly has a financial silver lining we could take advantage of. This is a good time to review your traditional spending patterns and look at where you may be able to put aside miscellaneous amounts into savings.

[Click here](#)

Here are other ways to capitalise on this lockdown to consider tightening up your finances and taking steps to organise your financial life. [Click here](#)

## Encouraging learning at home



On 15th March, President Cyril Ramaphosa announced an extended public and private schools' closure to be effected from 18 March until the lockdown has been lifted. With little or no time to prepare for this disruption, parents are having to figure out how to help their kids learn at home.

The Department of Basic Education has prepared online learning material for parents and learners to access in these unprecedented times. [Click here](#)

## Keep fit



You might be feeling discouraged about fitness, without your outdoor run or a session in the gym, but there are ways to stay fit inside your house. This week, we recommend some YOGA!!! De-stress with this 20-minute calming yoga routine that includes light and easy, full-body stretches for stress relief and anxiety.

[Click here](#)

## COVID-19

Online Resource & News Portal

[SAcoronavirus.co.za](http://SAcoronavirus.co.za)

For any information about Coronavirus COVID-19 visit

[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

