



News release – Wednesday 22<sup>nd</sup> April 2020

Note to County Administrators: Please circulate widely

**BOWLS ENGLAND OFFICIAL PODCAST ‘THE EXTRA END’ | EPISODE 4 – WORKOUT VIDEOS**

Bowls England Directors Dr Anna Molony and Mal Evans join Personal Trainer and Wellness Coach Kate Swinson to discuss the workout videos that have been specially created to help bowlers stay fit and well, particularly during the current coronavirus restrictions, with Bowls International Editor Sian Honnor.

To view this episode of ‘The Extra End’, Bowls England’s Official Podcast, visit: <https://youtu.be/IIkGVmfx8yg>

To visit the YouTube playlist featuring all of the Bowls England Workout Videos, go to: [https://www.youtube.com/playlist?list=PLuhHmSUIItd\\_nAqAb7uEv6CFtmcuOYUXA](https://www.youtube.com/playlist?list=PLuhHmSUIItd_nAqAb7uEv6CFtmcuOYUXA)

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Bowls England is working differently to prioritise the wellbeing of our staff at this time and arrangements have been made for all staff to work at home until further notice. In order to ensure we can still make contact with you and deliver on our service standards we kindly advise you that our preferred method of communication until further notice is via email as call resource is limited.