

Chair Aerobics with Aine



New Directions: Health and Wellbeing and Maximising Independence.



Name:



Date:

1. Start by sitting comfortably and sitting up tall in the chair.



2. Follow Aine warming up fingers like playing the piano.

3. Then bringing your hands from your knees to your shoulders



4. March with your legs

5. March higher if you can.
6. Move your feet to the side
7. Lifting your arms up with Aine
8. Move your neck slowly in the same way as Aine explains
9. Finally breath in and out like blowing a balloon



How do you feel after your exercise?

Can you repeat this exercise at least 2 more times this week