

## Week 4: Aerobics with Arita.



New Directions: Health and Wellbeing and Maximising Independence



1. Warm up: March

**Roll Wrists** 

Circle elbows

Shoulders big circles forward and back







Waist hula hoops, circle one way and then the other way

Knees circles, circle one way and then the other way

Body twist

## 2. Main Exercise

Ball up over head and down other side

Sit to Stand

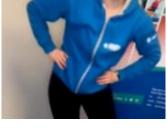














Bend arm at elbow and back down straight

Ball between feet, legs up and down





3. Cool down

## How do you feel after your exercise?

## Keep a diary of all the exercise you do.

	<b>Day</b> <i>Example</i> <i>Monday</i>	Day	Day	Day
1.Warm up	Yes			
2.Main Exercise	Yes			
3.Cool down	Yes			