



Aerobics with Arita 8



**New Directions: Health and Wellbeing
and Maximising Independence.**



Name:



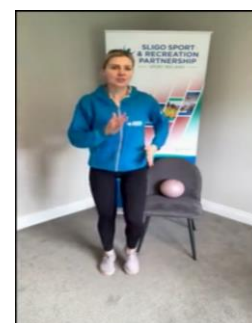
Date:

What you will need?

A chair

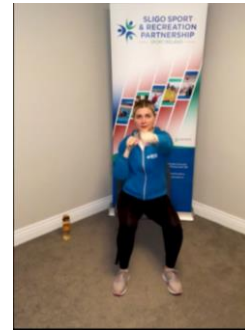
Some water

1. Follow along with Arita and let's get warmed up
2. Let's start by marching on the spot while moving our arms
3. Bringing our arms to shoulder height and moving them in and out
4. Now let's work on our legs, bringing our right elbow to meet our left knee and change over
5. Next, its kickouts raising both legs out while bringing our arms out and behind you





6. Closing our hands into a fist, we are going to punch out with each arm working on our upper body



7. Using our imaginary ball, we are going to hold the ball with both hands and start by reaching it up over our head and then bringing it back down and stretching to our right side and then our left side



8. Sitting comfortable on the chair, we are going to raise one leg and clap our hands underneath, and then the other leg doing the same



9. Lastly, we are going to warm down with some breathing and stretches



We hope you enjoyed your exercises let us know on the Reconnect Facebook page