

## Chair exercises with Paul Symth



### New Directions: Health and Wellbeing and Maximising Independence



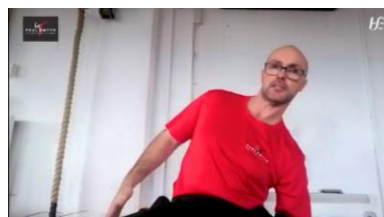
Name:



Date:

#### You will need a chair

1. Lets start and get warmed up with Paul with some shoulder rolls
2. Placing our two hands together and stretching our arms out wide moving side to side
3. Dropping both arms by our side and lean to the right, back to centre, and to the left
4. Reaching our arms up to the sky, while stretching our arms and fingertips
5. Placing both hands behind our ears and stretching by moving side to side



6. Starting with breast stroke keeping our hands out in front straight and bringing them in a circle and back to centre again



7. Front crawls, bringing our arms down by our side, and bringing one arm around making a circle, following along with the other arm



8. Back stroke, repeating the same movement as the last exercise instead making the circles behind us



9. Lastly, the butterfly which is placing both arms down by our sides and bringing both arms around in a circle and bringing our hands back to centre



**Well done guys, we hope you enjoyed your chair exercises**