



Running exercises with Paul Smyth



New Directions: Health and Wellbeing and Maximising Independence



Name:



Date:

1. Let's start and get warmed up with Paul
2. Reaching both arms out turning to the right back to the centre and turn left
3. Dropping both arms by our side, slowly leaning to the right, back to the centre and then to left
4. Placing our arms one in front and one behind, and moving them back and forward at a slow pace
5. Repeating the same movement but at a faster pace

