

Gentle Exercises & Movement for Frail People

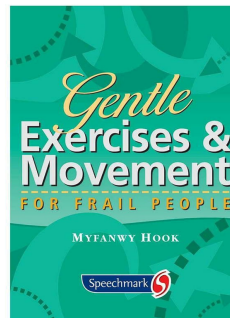
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This pack of 48 A5 photocopyable laminated cards, illustrate and describe specific **Gentle Exercises & Movement for Frail People**.

- Each card has the exercise instructions on the reverse, some exercises require small apparatus such as a ball
- Exercises are all tried and tested, having been widely used with elderly individuals with memory or cognitive loss
- All exercises can be done from a wheelchair or chair

Exercise has been shown to have multiple benefits for the elderly, including improved health, mobility, mood, & general wellbeing.

Includes exercises for:

- Arms
- Ankles
- Feet
- Fingers
- Hands
- Knees
- Legs
- Shoulders
- Waist

Additional Images



How to Order

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