

EXERCISE



1. **Five ways to help your shoulder mobility:** even if you have limited equipment at home there's plenty of things you can do to keep moving.

Download the factsheet:

<http://www.cpsport.org/wp-content/uploads/2020/03/CP-T-shirt-mobility.pdf>



2. **Stretches and poses** – These stretches and poses are about lengthening the muscles and the range of movement you have.

Download the factsheet:

<http://www.cpsport.org/wp-content/uploads/2020/03/CP-Stretches-and-poses.pdf>



3. Adapted wheelchair workout by Jamie Justice: Jamie is 10 and has cerebral palsy. He designed this workout for the Joe Wicks competition to design a workout that could be chosen for everyone to do. As a wheelchair user Jamie wanted to create a workout for wheelchair users that could be adapted for able bodied, rather than the other way around. The family put it online and had some really positive feedback.

Cerebral Palsy Sport were delighted to be asked to showcase it too.

Download the factsheet here:

<http://www.cpsport.org/wp-content/uploads/2020/04/Adapted-wheelchair-workout-by-Jamie-Justice.pdf>

More resources:

Sport England

Join the Movement is a new Sport England campaign, funded by The National Lottery, giving you the advice and tools you need to help you do this while the country deals with the coronavirus outbreak. Find all the information [here](#)

Sport England have also teamed up with the Youth Sport Trust and government to enlist 450 School Games Organisers to help deliver online activity programme.

The weekly programme will include a variety of activities, such as fitness exercises, personal challenges, online contests, problem solving games and activities which support physical competence – as well as mindfulness.

Check WWW.YOURSCHOOLGAMES.COM

Many organisations are providing free content for keeping active at home for example:

Wheelpower

Wheelpower launched a set of Yoga videos to encourage wheelchair users to exercise from the comfort of their homes. The benefit of continuing exercise at this time is now of even greater importance.



The webpage is now live which includes further details and the direct links to the videos themselves:

<https://www.wheelpower.org.uk/resources/adaptivelyoga>

You can find WheelPower on social media using the following links [@wheelchairsport](#) (Facebook) [@wheelpower](#) (twitter) [@wheelpower_official](#) (Instagram)

Ways to get involved

And if you've found a great way to keep active online, use the hashtag **#StayInWorkOut** on social media to share it with others.