

# ACTIVITIES & EXERCISE



## Product Syllabus:

- The benefits of an active lifestyle
- Reasons for not exercising
- Signs that someone is unfit
- Increasing activity levels
- Activities co-ordinator
- Activities assessment
- Medical conditions & exercise
- Types of exercise
- Aerobic exercise
- Isometric exercise
- Isotonic exercise
- Cardiovascular exercise
- Stretching exercises
- Strength exercises
- Weight training
- Balance training
- Considerations when planning
- Equipment
- Pain when exercising
- Warming up & cooling down
- Walking & running
- Cycling
- Yoga & pilates
- Swimming & water aerobics
- Range of Motion exercises
- Chair exercises
- Games
- Encouraging exercise
- Benefits of regular exercise
- Purpose of activities
- Types of activities
- Themes for activities
- Benefits of activities
- Sensory rooms
- Reminiscence
- Pets as Therapy
- Reviewing activities