

Exercise, Health and Wellbeing Resources 2020

The purpose of this document is to share the work being carried out by the physical impairment National Disability Sport Organisations as of November 2020. For up-to-date information please contact each organisation through the links below



Click here to visit
Cerebral Palsy Sport

Click here to visit
Dwarf Sports Association UK

Click here to visit
LimbPower

Click here to visit
WheelPower

Category	Media	Resource Title	Link to Resource <i>(click to open)</i>	Organisation
Exercise	Factsheet	Shoulder Strength and Mobility	https://tinyurl.com/y3mat8c4	Cerebral Palsy Sport
	Factsheet	Stretches and Poses	https://tinyurl.com/y4beb844	Cerebral Palsy Sport
	Factsheet	Adapted Wheelchair Workout	https://tinyurl.com/yya8qlbb	Cerebral Palsy Sport
Exercise	Factsheet	Seated Home Workout	https://tinyurl.com/y5pd3zuq	DSAuk
	Factsheet	Beginners Home Workout – Part 1	https://tinyurl.com/y4d3csq2	DSAuk
	Factsheet	Beginners Home Workout – Part 2	https://tinyurl.com/y4zx6fpk	DSAuk
	Factsheet	Gym Ball Part 1 – Abs 101	https://tinyurl.com/yy3vjfjx	DSAuk
	Factsheet	Gym Ball Part 2 – More for the Core	https://tinyurl.com/y5vbn576	DSAuk
	Factsheet	Gym Ball Part 3 – Core and Other Exercises	https://tinyurl.com/y6t3cctt	DSAuk
	Factsheet	Intermediate Full Body Workout	https://tinyurl.com/y5x9wusg	DSAuk
	Factsheet	U11's Virtual Dwarf Games and Activities	https://tinyurl.com/y4sfkzq9	DSAuk
	Factsheet	Junior and Senior Activity Challenges	https://tinyurl.com/y4qsx6db	DSAuk
Exercise	Factsheet	Strength and Conditioning	https://tinyurl.com/y6979plb	LimbPower
	Factsheet	Agility, Balance and Coordination	https://tinyurl.com/yeyegecvv	LimbPower
	Factsheet	Tai Chi	https://tinyurl.com/y5rq5auh	LimbPower
	Factsheet	Feel Good with Yoga	https://tinyurl.com/y2f2ljbz	LimbPower
	Factsheet	Salutation to the Sun Yoga	https://tinyurl.com/y5fujyzw	LimbPower
Exercise	Video	Intermediate Full Body Workout	https://tinyurl.com/y2qscesa	DSAuk
	Video	Home Workout Part 1 – Intro, Dynoband, Arms, Shoulders	https://tinyurl.com/yxzqqe6	DSAuk
	Video	Home Workout Part 2 – Core, Legs	https://tinyurl.com/y4nncj9u	DSAuk
	Video	Workout with GB Parabadminton Player, Krysten Coombs	https://tinyurl.com/y23bcgok	DSAuk

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Exercise	Video	Introduction to Exercise & Warm Up	https://tinyurl.com/y5y4tx6b	LimbPower
	Video	Strength and Conditioning	https://tinyurl.com/y4emh22r	LimbPower
	Video	Agility, Balance and Coordination	https://tinyurl.com/yynjloq6	LimbPower
	Video	Dynamic Exercises	https://tinyurl.com/y2ppjmrw	LimbPower
	Video	Circuit Training and Stretching	https://tinyurl.com/y5xuj9eb	LimbPower
	Video	Adaptive Fitness Fun	https://tinyurl.com/y2a2koty	LimbPower
Exercise	Video	Yoga with Nina	https://tinyurl.com/y5c6twhj	WheelPower
	Video	Adaptive Yoga with Frederique	https://tinyurl.com/y3ak3kma	WheelPower
	Video	Cardio with Ben	https://tinyurl.com/ybzok68	WheelPower
	Video	Circuits with Ella	https://tinyurl.com/y6jtpgoy	WheelPower
	Video	Resistance Bands with Bob	https://tinyurl.com/y6tzvr9w	WheelPower
Nutrition	Factsheet	Carbohydrates	https://tinyurl.com/y5bfe9ek	Cerebral Palsy Sport
	Factsheet	Oat Breakfast Ideas	https://tinyurl.com/y6pnmwqz	Cerebral Palsy Sport
	Factsheet	Cupboard Recipes	https://tinyurl.com/y6edtold	Cerebral Palsy Sport
	Factsheet	Nutrition for Training and Competing	https://tinyurl.com/yy9a6hdx	Cerebral Palsy Sport
Mental Health and Wellbeing	Factsheet	Mental Health and Wellbeing – Routine and Daily Balance	https://tinyurl.com/yyvwnjju	DSAuk
	Factsheet	Mental Health and Wellbeing – Sleep	https://tinyurl.com/y2dvoql3	DSAuk
	Factsheet	Mental Health and Wellbeing – Mindfulness	https://tinyurl.com/y2fvytzo	DSAuk
	Factsheet	Mental Health and Wellbeing – Resilience	https://tinyurl.com/y55l57rz	DSAuk
	Factsheet	Mental Health and Wellbeing – Breathing Techniques	https://tinyurl.com/yxk7aw5e	DSAuk
General Information	Factsheet	LimbPower Gym Resource	https://tinyurl.com/y4kur5x2	LimbPower
	Factsheet	LimbPower Dance Resource	https://tinyurl.com/yxkhe9bh	LimbPower
	Factsheet	LimbPower Cycling Guide	https://tinyurl.com/yypxkrpm	LimbPower
	Factsheet	LimbPower Running Guide	https://tinyurl.com/y5umbwwk	LimbPower
General Information	Factsheet	Coaching Wheelchair Users during Activity	https://tinyurl.com/y5k637b4	WheelPower
	Factsheet	Scientific Exercise Guidelines – Adults: Spinal Cord Injury	https://tinyurl.com/y6cb47lr	WheelPower
	Booklet	Guide to Accessing Local Sport and Activity	https://tinyurl.com/y2rr7v8z	WheelPower
	Video	Maintaining your Sports Wheelchair	https://tinyurl.com/y379z8sf	WheelPower
	Video	Guide to Wheelchair Slalom	https://tinyurl.com/y62wnh62	WheelPower