



Bounce Alzheimer's Therapy

WARM UP EXERCISES BALANCE BALL ON BAT



The Basics:

Whilst sitting or standing, hold the bat out in front of you around waist height. Then using the forehand side (palm facing upwards), keep the bat steady and balance the ball in the middle of the bat. How long can you balance the ball for without dropping it?

A Little More...

If you can stand, try walking around whilst balancing the ball on the bat...make sure you have a clear area around you first and be aware of potential tripping hazards.

A Challenge!

Now try the same exercise but using the backhand side of the bat (turning the bat over so your palm is facing the floor). Or maybe try doing a circuit of the room...can you get round without stopping?

Why?

This is an ideal physically light exercise to help your hand-eye coordination and improve your fine motor skills.

For more exercises, resources and special coaching video, go to www.batfoundation.com

Darius Knight U.K. Olympic Table Tennis Team Player - photo Emma Brown
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