



Bounce Alzheimer's Therapy



WARM UP EXERCISES FOREHAND BOUNCE

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), gently bounce the ball up and down. Don't bounce it too high, try to keep the ball in the middle of the bat, and try to keep the bat flat.

A Little More...

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

A Challenge!

How many times or how long can you bounce the ball on the bat? Why not challenge a friend to see who can do the most bounces, or keep track of your own score and try to do better next time.

Why?

This is a perfect none strenuous exercise that will enhance your fine motor skills, increase agility, and improve concentration.

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

Kelly Sibley U.K. Olympic Table Tennis Team Player - photo Emma Brown
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