



Bounce Alzheimer's Therapy

WARM UP EXERCISES FOREHAND TO BACKHAND BOUNCE

The Basics:

Whilst sitting or standing, hold the bat out in front of you around waist height. Then bounce the ball on the forehand side followed by the backhand side. You'll need to flip the bat over after each bounce. How many bounces can you do in a row?

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!

Start by doing a circuit of the room...can you get all the way round? How about challenging a friend to see who can do the most bounces, or keep track of your own score and try to better it.

Why?

This is an exercise that requires more concentration, but will really help your hand-eye coordination, improve your fine motor skills, enhance agility, and increase your upper body strength.

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

Andrew Baggetley - 2015 WCP World Champion - photo Emma Brown
Bounce Alzheimer's Therapy (BAT) Foundation. Registered Charity Number: 1159618