



# LIMBPOWER

## INTRODUCTION TO PHYSICAL ACTIVITY WORKSHOP

**These 3-hour workshops are a mixture of theory and practical sessions covering:**

- What is sport and physical activity
- Overcoming barriers
- The importance of being active
- How to access sport and physical activity
- Agility and balance exercises
- Strength and conditioning exercises

### WHO IS IT FOR?

#### NEW AND EXISTING AMPUTEES

This **FREE** Course is written by a Sport Scientist at Roehampton University and is delivered by a qualified personal trainer who has seven years experience of working with people with disabilities. The day will be supported by LimbPower.

**FOR MORE INFORMATION AND TO BOOK A COURSE, CONTACT:**

**E:** [andy@limbpower.com](mailto:andy@limbpower.com) **T:** 07503 030702 **W:** [www.limbpower.com](http://www.limbpower.com)



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# Limb POWER

*Living life without limbs*

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