

# Activity Card

for Limb Different Children

**Limb  
POWER**  
*Living life without limbs*

## Challenge 26

### Get off the Sofa

Use advertisement breaks as a chance to get off the sofa and move around. Try activities like star jumps, crunches, or even playing a quick game to get your heart pumping! Can you do 30 repetitions? If you can't do a repetition of 30 start with five or ten!

#### Adaptations:

##### Upper Limb Difference:

If you can't do traditional star jumps, try arm movements or chair-based exercises. For punches, use your remaining arm or prosthetic.

##### Lower Limb Difference:

If you're seated, try seated exercises like chair punches,



leg lifts, or shoulder rolls to stay active during breaks.

You could even play a game and touch as many objects as you can in the living room before your programme starts again.

*This activity keeps you moving and energized, even during TV time!*

*If you  
can't complete  
these activities,  
contact us for  
adaptations.*

[www.limbpower.com](http://www.limbpower.com)