

# Exercise, Health and Wellbeing Resources 2020

The purpose of this document is to share the work being carried out by the physical impairment National Disability Sport Organisations as of November 2020. For up-to-date information please contact each organisation through the links below



Click here to visit  
Cerebral Palsy Sport

Click here to visit  
Dwarf Sports Association UK

Click here to visit  
LimbPower

Click here to visit  
WheelPower

Category	Media	Resource Title	Link to Resource <i>(click to open)</i>	Organisation
Exercise	Factsheet	Shoulder Strength and Mobility	<a href="https://tinyurl.com/y3mat8c4">https://tinyurl.com/y3mat8c4</a>	Cerebral Palsy Sport
	Factsheet	Stretches and Poses	<a href="https://tinyurl.com/y4beb844">https://tinyurl.com/y4beb844</a>	Cerebral Palsy Sport
	Factsheet	Adapted Wheelchair Workout	<a href="https://tinyurl.com/yya8qlbb">https://tinyurl.com/yya8qlbb</a>	Cerebral Palsy Sport
Exercise	Factsheet	Seated Home Workout	<a href="https://tinyurl.com/y5pd3zuq">https://tinyurl.com/y5pd3zuq</a>	DSAuk
	Factsheet	Beginners Home Workout – Part 1	<a href="https://tinyurl.com/y4d3csq2">https://tinyurl.com/y4d3csq2</a>	DSAuk
	Factsheet	Beginners Home Workout – Part 2	<a href="https://tinyurl.com/y4zx6fpk">https://tinyurl.com/y4zx6fpk</a>	DSAuk
	Factsheet	Gym Ball Part 1 – Abs 101	<a href="https://tinyurl.com/yy3vjfjx">https://tinyurl.com/yy3vjfjx</a>	DSAuk
	Factsheet	Gym Ball Part 2 – More for the Core	<a href="https://tinyurl.com/y5vbn576">https://tinyurl.com/y5vbn576</a>	DSAuk
	Factsheet	Gym Ball Part 3 – Core and Other Exercises	<a href="https://tinyurl.com/y6t3cctt">https://tinyurl.com/y6t3cctt</a>	DSAuk
	Factsheet	Intermediate Full Body Workout	<a href="https://tinyurl.com/y5x9wusg">https://tinyurl.com/y5x9wusg</a>	DSAuk
	Factsheet	U11's Virtual Dwarf Games and Activities	<a href="https://tinyurl.com/y4sfkzq9">https://tinyurl.com/y4sfkzq9</a>	DSAuk
	Factsheet	Junior and Senior Activity Challenges	<a href="https://tinyurl.com/y4qsx6db">https://tinyurl.com/y4qsx6db</a>	DSAuk
Exercise	Factsheet	Strength and Conditioning	<a href="https://tinyurl.com/y6979plb">https://tinyurl.com/y6979plb</a>	LimbPower
	Factsheet	Agility, Balance and Coordination	<a href="https://tinyurl.com/yeyegecvv">https://tinyurl.com/yeyegecvv</a>	LimbPower
	Factsheet	Tai Chi	<a href="https://tinyurl.com/y5rq5auh">https://tinyurl.com/y5rq5auh</a>	LimbPower
	Factsheet	Feel Good with Yoga	<a href="https://tinyurl.com/y2f2ljbz">https://tinyurl.com/y2f2ljbz</a>	LimbPower
	Factsheet	Salutation to the Sun Yoga	<a href="https://tinyurl.com/y5fujyzw">https://tinyurl.com/y5fujyzw</a>	LimbPower
Exercise	Video	Intermediate Full Body Workout	<a href="https://tinyurl.com/y2qscesa">https://tinyurl.com/y2qscesa</a>	DSAuk
	Video	Home Workout Part 1 – Intro, Dynoband, Arms, Shoulders	<a href="https://tinyurl.com/yxzqqe6">https://tinyurl.com/yxzqqe6</a>	DSAuk
	Video	Home Workout Part 2 – Core, Legs	<a href="https://tinyurl.com/y4nncj9u">https://tinyurl.com/y4nncj9u</a>	DSAuk
	Video	Workout with GB Parabadminton Player, Krysten Coombs	<a href="https://tinyurl.com/y23bcgok">https://tinyurl.com/y23bcgok</a>	DSAuk

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Exercise	Video	Introduction to Exercise & Warm Up	<a href="https://tinyurl.com/y5y4tx6b">https://tinyurl.com/y5y4tx6b</a>	LimbPower
	Video	Strength and Conditioning	<a href="https://tinyurl.com/y4emh22r">https://tinyurl.com/y4emh22r</a>	LimbPower
	Video	Agility, Balance and Coordination	<a href="https://tinyurl.com/yynjloq6">https://tinyurl.com/yynjloq6</a>	LimbPower
	Video	Dynamic Exercises	<a href="https://tinyurl.com/y2ppjmrw">https://tinyurl.com/y2ppjmrw</a>	LimbPower
	Video	Circuit Training and Stretching	<a href="https://tinyurl.com/y5xuj9eb">https://tinyurl.com/y5xuj9eb</a>	LimbPower
	Video	Adaptive Fitness Fun	<a href="https://tinyurl.com/y2a2koty">https://tinyurl.com/y2a2koty</a>	LimbPower
Exercise	Video	Yoga with Nina	<a href="https://tinyurl.com/y5c6twhj">https://tinyurl.com/y5c6twhj</a>	WheelPower
	Video	Adaptive Yoga with Frederique	<a href="https://tinyurl.com/y3ak3kma">https://tinyurl.com/y3ak3kma</a>	WheelPower
	Video	Cardio with Ben	<a href="https://tinyurl.com/yzbzok68">https://tinyurl.com/yzbzok68</a>	WheelPower
	Video	Circuits with Ella	<a href="https://tinyurl.com/y6jtpgoy">https://tinyurl.com/y6jtpgoy</a>	WheelPower
	Video	Resistance Bands with Bob	<a href="https://tinyurl.com/y6tzvr9w">https://tinyurl.com/y6tzvr9w</a>	WheelPower
Nutrition	Factsheet	Carbohydrates	<a href="https://tinyurl.com/y5bfe9ek">https://tinyurl.com/y5bfe9ek</a>	Cerebral Palsy Sport
	Factsheet	Oat Breakfast Ideas	<a href="https://tinyurl.com/y6pnmwqz">https://tinyurl.com/y6pnmwqz</a>	Cerebral Palsy Sport
	Factsheet	Cupboard Recipes	<a href="https://tinyurl.com/y6edtold">https://tinyurl.com/y6edtold</a>	Cerebral Palsy Sport
	Factsheet	Nutrition for Training and Competing	<a href="https://tinyurl.com/yy9a6hdx">https://tinyurl.com/yy9a6hdx</a>	Cerebral Palsy Sport
Mental Health and Wellbeing	Factsheet	Mental Health and Wellbeing – Routine and Daily Balance	<a href="https://tinyurl.com/yyvwnngju">https://tinyurl.com/yyvwnngju</a>	DSAuk
	Factsheet	Mental Health and Wellbeing – Sleep	<a href="https://tinyurl.com/y2dvoql3">https://tinyurl.com/y2dvoql3</a>	DSAuk
	Factsheet	Mental Health and Wellbeing – Mindfulness	<a href="https://tinyurl.com/y2fvytzo">https://tinyurl.com/y2fvytzo</a>	DSAuk
	Factsheet	Mental Health and Wellbeing – Resilience	<a href="https://tinyurl.com/y55l57rz">https://tinyurl.com/y55l57rz</a>	DSAuk
	Factsheet	Mental Health and Wellbring – Breathing Techniques	<a href="https://tinyurl.com/yxk7aw5e">https://tinyurl.com/yxk7aw5e</a>	DSAuk
General Information	Factsheet	LimbPower Gym Resource	<a href="https://tinyurl.com/y4kur5x2">https://tinyurl.com/y4kur5x2</a>	LimbPower
	Factsheet	LimbPower Dance Resource	<a href="https://tinyurl.com/yxkhe9bh">https://tinyurl.com/yxkhe9bh</a>	LimbPower
	Factsheet	LimbPower Cycling Guide	<a href="https://tinyurl.com/yypxkrpm">https://tinyurl.com/yypxkrpm</a>	LimbPower
	Factsheet	LimbPower Running Guide	<a href="https://tinyurl.com/y5umbwwk">https://tinyurl.com/y5umbwwk</a>	LimbPower
General Information	Factsheet	Coaching Wheelchair Users during Activity	<a href="https://tinyurl.com/y5k637b4">https://tinyurl.com/y5k637b4</a>	WheelPower
	Factsheet	Scientific Exercise Guidelines – Adults: Spinal Cord Injury	<a href="https://tinyurl.com/y6cb47lr">https://tinyurl.com/y6cb47lr</a>	WheelPower
	Booklet	Guide to Accessing Local Sport and Activity	<a href="https://tinyurl.com/y2rr7v8z">https://tinyurl.com/y2rr7v8z</a>	WheelPower
	Video	Maintaining your Sports Wheelchair	<a href="https://tinyurl.com/y379z8sf">https://tinyurl.com/y379z8sf</a>	WheelPower
	Video	Guide to Wheelchair Slalom	<a href="https://tinyurl.com/y62wnh62">https://tinyurl.com/y62wnh62</a>	WheelPower