

NAME: _____ UNIT: _____

MONDAY

TUESDAY

WEDNESDAY
1ST APRIL



SIT TO STAND

5 MINS



THURSDAY
2ND APRIL



MARCH ON
THE SPOT

5 MINS



FRIDAY
3RD APRIL



BALANCE ON
ONE LEG

5 MINS



SATURDAY
4TH APRIL



SALSA
DANCING

30 MINS



SUNDAY
5TH APRIL



KNEE
STRENGTH

5 MINS





SMH Active

Active April

Week 2

NAME: _____ UNIT: _____

MONDAY 6TH
APRIL



ARM STRENGTH

5 MINS



TUESDAY 7TH
APRIL



SIT TO STAND

5 MINS



WEDNESDAY
8TH APRIL



LINE DANCING

30 MINS



THURSDAY
9TH APRIL



BALANCE ON
ONE LEG

5 MINS



FRIDAY
10TH APRIL



TAI CHI

15 MINS



SATURDAY
11TH APRIL



CHAIR
EXERCISES

20 MINS



SUNDAY
12TH APRIL



HEEL & TOE
RAISE

5 MINS





SMH Active

Active April

Week 3

NAME: _____ UNIT: _____

MONDAY
13TH APRIL



BALANCE ON
ONE LEG

5 MINS



TUESDAY
14TH APRIL



THINK ABOUT
POSTURE

20 MINS



WEDNESDAY
15TH APRIL



SIT TO STAND

5 MINS



THURSDAY
16TH APRIL



KNEE
STRENGTH

5 MINS



FRIDAY
17TH APRIL

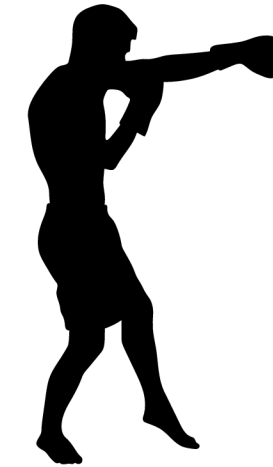


LIFT OFF
CHAIR

5 MINS



SATURDAY
18TH APRIL



BOXERCISE

20 MINS



SUNDAY
19TH APRIL



SIDE STEP

5 MINS





SMH Active

Active April

Week 4

NAME: _____ UNIT: _____

MONDAY
20TH APRIL



BALANCE ON
ONE LEG

5 MINS



TUESDAY
21ST APRIL



HEEL & TOES
RAISES

5 MINS



WEDNESDAY
22ND APRIL



SIT TO STAND

5 MINS



THURSDAY
23RD APRIL



CHARLESTON
DANCE

20 MINS



FRIDAY
24TH APRIL



3 MINUTE
MOVEMENT

3 MINS



SATURDAY
25TH APRIL



LIFT OFF
CHAIR

5 MINS



SUNDAY
26TH APRIL



CHAIR
EXERCISES

20 MINS





SMH Active

Active April

Week 5

NAME: _____ UNIT: _____

MONDAY
27TH APRIL



SIDE STEP

5 MINS



TUESDAY
28TH APRIL



DANCE

30 MINS



WEDNESDAY
29TH APRIL



BOXERCISE

20 MINS



WEDNESDAY
30TH APRIL



SIT TO STAND

5 MINS



Empty vertical panels for additional activities or notes.