

# Make Every Movement Count

Access to Information Resources –  
Showcased at the Infoshare on 4<sup>th</sup> February 2022



## To View

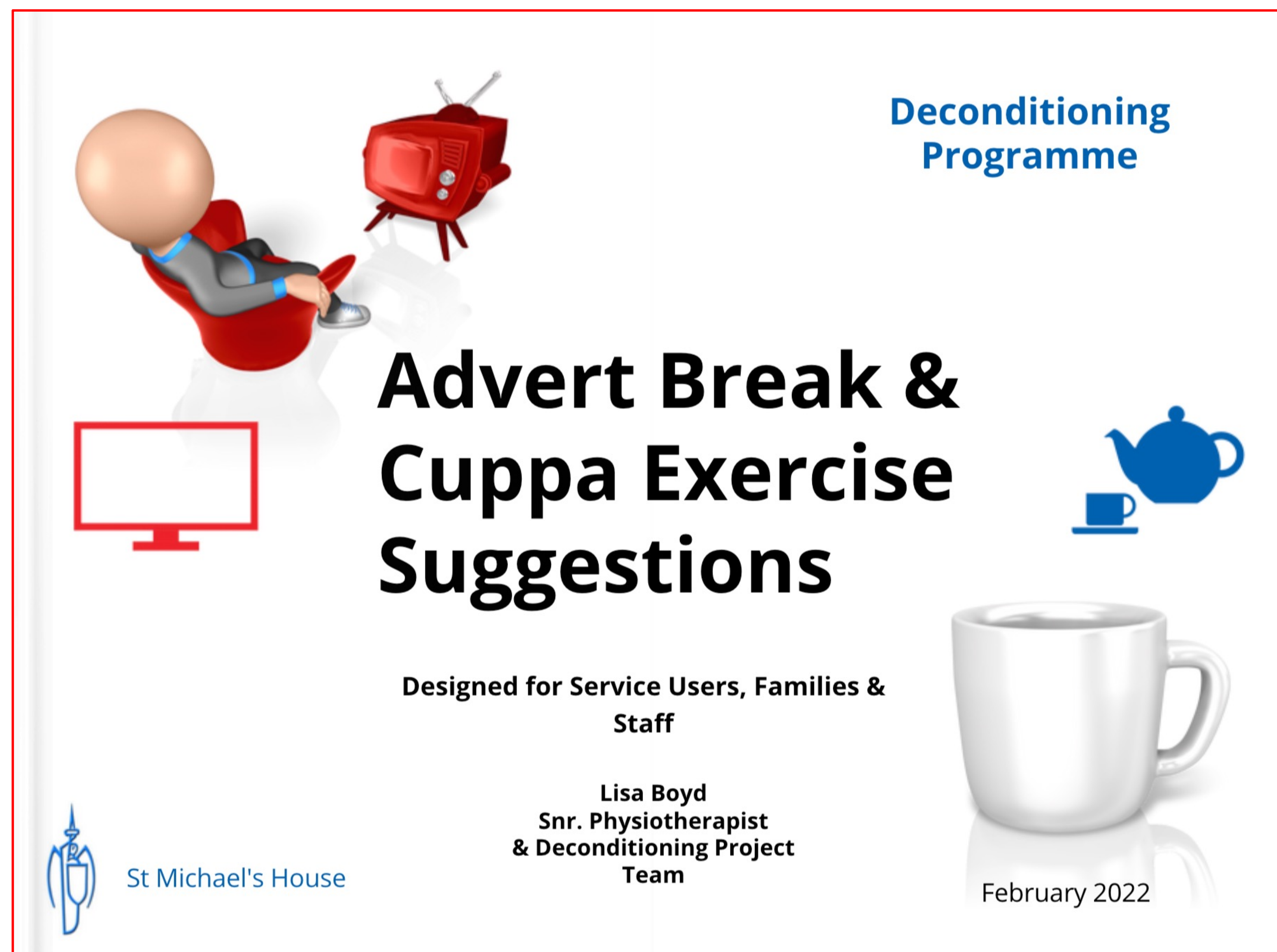


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## Booklet 1



## To View



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## Booklet 2

<b>Video 1</b>	<a href="https://youtu.be/rylgQFdiDRg?t=6">https://youtu.be/rylgQFdiDRg?t=6</a>
<b>Video 2</b>	<a href="https://youtu.be/kP1ad99Pzk?t=5">https://youtu.be/kP1ad99Pzk?t=5</a>
<b>Video 3</b>	<a href="https://youtu.be/FsATHNjWkn8?t=3">https://youtu.be/FsATHNjWkn8?t=3</a>
<b>Video 4</b>	<a href="https://youtu.be/ZZZvhzBH3Pk?t=2">https://youtu.be/ZZZvhzBH3Pk?t=2</a>
<b>Video 5</b>	<a href="https://youtu.be/bt4sSBF0ogw?t=2">https://youtu.be/bt4sSBF0ogw?t=2</a>

**Niamh Quinn – Links to 3 Minute Movement Exercise Videos as Showcased in Booklets Above**

### Deconditioning Project Team

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