

Activity Card

for Limb Different Children

**Limb
POWER**
Living life without limbs

Challenge 2

Make up a family exercise session

Design a 10-minute family exercise session with 5-6 exercises that work your entire body. Consider movements like toe taps, marching on the spot, or arm circles. This challenge encourages movement, coordination, and fun for everyone!

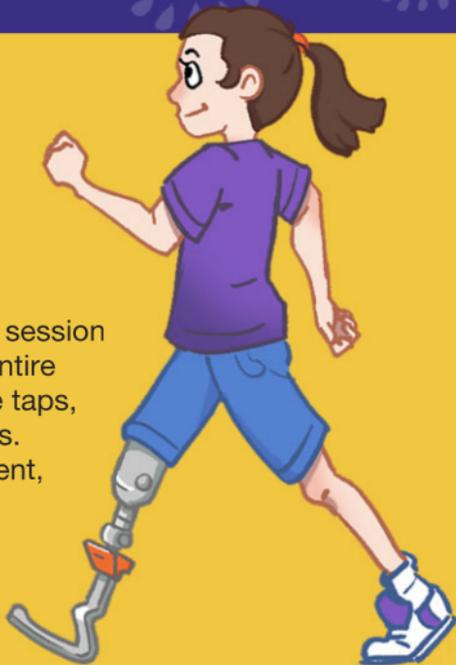
Adaptations:

Upper Limb Difference:

For arm exercises, use adaptive equipment like prosthetics, assistive aids, lightweight bands, blocks or resistance cuffs.

Lower Limb Difference:

Adjust exercises to accommodate seated or wheelchair-based positions, focusing on upper body



strength if lower body exercises are too difficult.

A family workout is a great way to stay active and connect with loved ones. Enjoy the time together and get creative with your exercises!

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

www.limbpower.com