



Warm me up!

0 to 19
TORBAY

Try this short workout which gets our blood pumping, helping both adults and children warm up when it's cold!

Run on the spot 20 secs

Arm circles 20 secs

Shoulder shrugs 10 secs

Feet/ankle circles 10 secs

Lap of the room x5

Lay on floor on tummy and push arm up straight x3

Repeat as many times as you want throughout the day.



Top Tips!

- Wear thin layers - these keep you warm by trapping heat between layers without being in your way.
- Keep hydrated.
- Put on some music to make exercising more fun!
- Encourage children to notice how their heart beats faster when they exercise, this warms us up!

www.0to19torbay.co.uk



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