Favorite ABLE Bodies Activities

**Flexibility**
- Carry the Baby: Stretches sides of Body
- Farmers Stretch: Stretches hip flexors, chest, and shoulders
- Sun Bursts: Stretches chest, and shoulders
- Cops n Robbers: Stretches chest, and shoulders
- Gentlemen’s Bow: Stretches backs of legs; seated or standing version
- Chin dips, tilts and head rolls: Stretches neck

**Posture & Core**
- Purse Snatcher: Builds core strength using a bit of Pilates, with a fun story
- Buddha’s Prayer: Good for mid-back rounding

**Strength & Endurance**
- Teeter Totter Chair Stands: Help for getting out of chairs.
- Flag Salutes /Chair Push Ups: Targets triceps helping a person rise from a chair
- Heel Raises: Strengthen lower legs; standing version is balance practice too
- Side Stepping: Strengthen hips; can be done seated, standing or moving
- The Up and Up: Strengthens Back, facilitates better posture
- Trip to Africa: Builds endurance with connected activities and a fun adventure

**Balance**
- Step and Stop: Builds skill for more successful weight transitions
- Over the Moon: Wonderful, feel-good back stretch done over stability ball
- Rock and Walk: Have fun and see how music helps us move
- Walk the Line: Line challenges that integrate posture, core stability and visual targets

**Conceptual**
- Venus Di Milo: Flexibility makes a difference in everyday reaching
- Supple Spine: Flexibility and function
- Torso as Cylinder: Core stability is part of our architecture
- Posture Affects Function: Posture affects breathing and even quickness
- The Ball Game closed: somatic learning - Learn something about Balance with your eyes closed