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**Activity booklet**

 **Comenius project**

**Group 9**



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| **Body part** | **Problem** |
| Head  | Bad hearing and bad sight. |
| Foot | Left foot swollen because of his heart disease. |
| Legs | Not flexible. |

1.

1)Heart attack 🡪 medicines 🡪 his heart get’s bigger 🡪 he has pressure on his lungs

2) Swollen left foot

3) Legs are not flexible because he is old

2.

1) 1 protein shake a day

2) 3 times a week Pilates or yoga

3) every day a week some singing or meditation

4) 2 times a week walking outside for about 10 minutes

5) once a week aqua gym

3.

1) getting up

2) take a shower

3) walking

4) putting on some clothes

🡪 with every activity

4.

1) Pilates and yoga in a group in the gym

2) breathing exercises and meditation in his room

5.

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| Monday | Aqua gym 30min |
| Tuesday | Meditation, pilates |
| Wednesday | Walking outside 10min, meditation  |
| Thursday | Sitting, singing football |
| Friday | Yoga 30min |
| Saturday | Pilates and flexibility |
| Sunday | Walking outside 10min |

6.

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| Body part | Activity description | Purpose/ justification |
| Lungs | Breathing exercise (5 minutes long carefully breath in and out, you have to focus very hard and make sure you breath in deeply)Meditation (during this exercise you really have to concentrate on your breathing. When you are relaxed the breathing part is easier, so make sure you are very concentrated and relaxed. Close your eyes, relax for 2 minutes, roll your head from the left to the right and back)Singing (sing the song ’hoofd, schouders, knie en teen’. When it’s possible you do the exercises during the song) | Bigger volume of lungs 🡪 always have enough air during activities |
| Left foot | Aqua gym (bend your knees 90 degrees for 10 times)Flexibility (lift your left leg and roll your left foot 10 times) | Make the foot stronger, putting on the socks more easily |
| Legs | Walking outside (go out for a walk for 10 minutes, when it’s rainy outside he can walk on a treadmill)Pilates (sit in your chair and move both legs up and down for 5 times) | Stronger legsMore flexible legsWalking without a rolatorTaking steps outside |