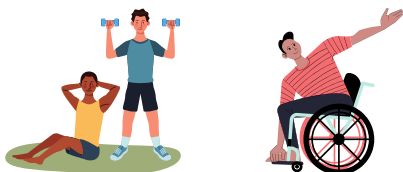


SENSORY WORKOUT

COMBINING SENSORY PROCESSING & FITNESS

WHAT IS A SENSORY WORKOUT?



Sensory Workout is a program that combines what we know about exercise and what we know about sensory processing to make physical activity more accessible and enjoyable for all!

PHYSICAL HEALTH BENEFITS OF EXERCISE



Exercise can help build strong bones, decrease blood pressure, achieve a healthy weight, and improve digestion, coordination, flexibility, and balance.

EMOTIONAL AND MENTAL HEALTH BENEFITS OF EXERCISE



Exercise can also improve psychological well-being, enhance mood, reduce stress and anxiety, and balance energy levels. You may also feel happier and calmer and have more energy to do other things you love to do.

SENSORY BENEFITS OF EXERCISE



There are many sensory benefits to physical activity that include a calming effect on the nervous system, increased focus and attention, improved balance, posture, and self-regulation.

SENSORY WORKOUT MODULES



MODULE 1



Module 1 includes an introduction, safety precautions, breathing, posture, and stretching activities.

MODULE 2



Module 2 includes an introduction to sensory processing and the following dances - locomotion, cha cha slide, and macarena.

MODULE 3



Module 3 includes information about sensory processing and physical activity, and various animal walk activities.

MODULE 4



Module 4 includes information about the sensory environment and a freeze dance activity.



TO WATCH ALL 4 MODULES, VISIT THE FOLLOWING WEBSITE OR SCAN THE QR CODE BELOW

<https://www.youtube.com/@sensoryworkout>



TO OBTAIN YOUR CERTIFICATE OF COMPLETION, PLEASE EMAIL:
sensoryworkout@aptustc.com

