

The National Stroke & Heart Charity

For the full Bizzy Breaks programme visit irishheart.ie/schools



for Bizzy Bodies and Bizzy Minds

Looseners











3 Weight Lifts



4 Shoulder Shrug



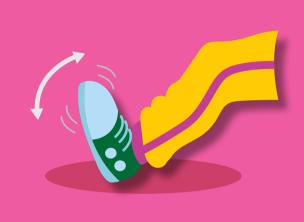
5 High Reach



6 Slow March



7 Heel Touch



8 Press & Pull

Huffers









2 Hup March



3 Punch Bag



4 Side Step



5 Bounceroo



6 Breaststroke



Split Bounce



8 Sky Punch

Stretchers















6 Shin Stretcher







1 Trunk Twister



