Hello!

Oomph!
Exercise Training
Exercise Leadership Training

Theory and assessments to go through in your own time, followed by a virtual session at an agreed time with one of our expert trainers, to cover the practical aspect of the course and complete a quality assessment.

The training covers...

- Inspiring, inclusive chair-based exercise
- Health & Safety
- How to motivate residents
- Making it fun & creative
- CD, choreography & a bag of props
Exercise Instructor Training

Key focus areas of our training:

**Learning to lead**
Communication, engagement, projecting your voice, entertaining, sensory experience through music and props.

**Safety**
Risk assessments, red flags, hydration, warm ups and cool downs. Practical assessment.

**Tailored**
Imagery, storytelling, adaptations to different conditions. Effects of ageing on mental, physical and emotional areas.
It’s on...

Alive with wellbeing training & content

Get in touch via our Website!