

Ons is ambassadeurs van jeugdige en positiewe veroudering.

"Jeug is 'n
geskenk van die natuur,
maar ouderdom
is 'n kunswerk"



SENIOR

MindMoves

www.seniormindmoves.co.za

Senior Mind Move	YouTube Skakel / Link
Antennaversteller <i>Antennae Adjuster</i>	https://www.youtube.com/watch?v=KlGh0JSb79w
	https://www.youtube.com/watch?v=VZQ8ZqVqaKo
Armstrekke <i>Arm Workout</i>	https://www.youtube.com/watch?v=_67RNqK7Kg&t=19s
	https://www.youtube.com/watch?v=oBNOzxEcyac
Beenstrekke <i>Leg Workout</i>	https://www.youtube.com/watch?v=wReduXHmEuM
	https://www.youtube.com/watch?v=79pA9R3hGfs

<p>Breinopkikker: Homolaterale Mars & Bilaterale Mars</p> <p><i>Brain Tonic: Homolateral March & Bilateral March</i></p>	<p>https://www.youtube.com/watch?v=H5GJeS-QXrk</p>
<p>Fokusversteller Focus Adjustor</p>	<p>https://www.youtube.com/watch?v=0PiJSdFKFM_Y</p> <p>https://www.youtube.com/watch?v=zNqHY_R6Q_Vc</p> <p>https://www.youtube.com/watch?v=ocAdpzvbH_Ms</p>
<p>Geheueknoppies Memory Buttons</p>	<p>https://www.youtube.com/watch?v=g3OyMGFwsT4</p> <p>https://www.youtube.com/watch?v=Nw5yFtlhp2_U</p>
<p>Helderwakker Rise & Shine</p>	<p>https://www.youtube.com/watch?v=wPk1fSAPAs_g</p> <p>https://www.youtube.com/watch?v=NP3-wHRhDBQ</p>
<p>Kragkakelaar Power On</p>	<p>https://www.youtube.com/watch?v=gPjYmOhiNmA</p> <p>https://www.youtube.com/watch?v=ik0Vkpdpqh_o</p>
<p>Nekdraaier Neck Rotator</p>	<p>https://www.youtube.com/watch?v=wRsi1Kk9yg_o</p> <p>https://www.youtube.com/watch?v=qkhyEr_azy_Q</p>
<p>Nekversterker Neck Flexor</p>	<p>https://www.youtube.com/watch?v=7kmaqHr3xV_og</p> <p>https://www.youtube.com/watch?v=gnvzbFtvNv_g</p>
<p>Palmstek Palm Stretch</p>	<p>https://www.youtube.com/watch?v=m-4g864q5aM</p> <p>https://www.youtube.com/watch?v=ZANt1NTr_Q_8</p>

Skouerstrekke <i>Shoulder Workout</i>	https://www.youtube.com/watch?v=xNRx874a7K4
Temporale Tikkies <i>Temporal Toner</i>	https://www.youtube.com/watch?v=B2SXJohqjx8
	https://www.youtube.com/watch?v=fRLDxz_oPfo
	https://www.youtube.com/watch?v=UQ7LXG_SHpY
Visuele Oefening <i>Visual Movements</i>	https://www.youtube.com/watch?v=qXICeean4Zl
	https://www.youtube.com/watch?v=GKhRKl33k3E

