

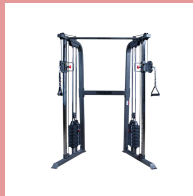


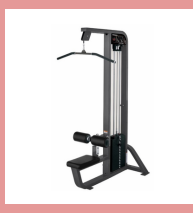


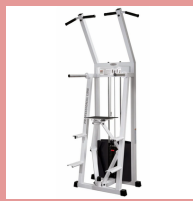

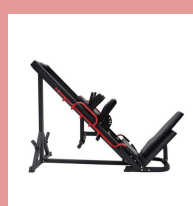


Regulating Gym Activities

Heavy Work, or Proprioceptive, activities involve pushing, pulling or lifting. This type of input supports emotional regulation and readiness for learning. It can be calming for some, while for others it can increase their levels of alertness and engagement. Older pupils often enjoy accessing a gym or fitness suite. This is a great way to engage in exercise, not only for physical wellbeing, but also to provide regulating input for sensory processing needs.

Below are some common pieces of gym equipment, categorised by how much proprioceptive input they provide. Equipment which incorporates more movement (e.g. treadmill, cross trainer and rower) will be useful for those who need to increase their alertness but in a regulated way. Equipment which is mainly resistive (i.e. free weights and weight machine) will be useful for those requiring calming input.

MODERATE PROPRIOCEPTIVE INPUT		HIGH LEVELS OF PROPRIOCEPTIVE INPUT			
Treadmill - set at no incline		Spin Bike - set to higher resistance		Cable Machine	
Elliptical Cross Trainer - set to low resistance		Treadmill - with increased incline		Lat Pulldown	
Spin Bike - set to low resistance		Rower		Assisted Pullup	
<div>IMPORTANT!</div> <p>Gym machines and equipment should be used following a gym induction and under supervision</p>		Lifting weights (barbell, dumbbells, kettlebells, weighted balls)		Leg Press	
		Stair Climber	