

PRESS RELEASE
FOR IMMEDIATE RELEASE

WheelPower release 10 NEW Inclusive Workouts for Young Disabled People during Lockdown

WheelPower, the national charity for wheelchair sport, is delighted to announce the forthcoming release of 10 new online workouts, aimed specifically at primary and secondary aged disabled children. We hope that these videos will assist parents and teachers with the provision of PE during Lockdown 3.0, and provide new and exciting opportunities for disabled children to stay fit and healthy during this challenging period.

Our charitable mission is to transform lives through sport and physical activity, and this mission has not changed during the Covid-19 pandemic. Since April 2020 WheelPower has released 25 home workout videos, hosted 47 live exercise classes and gifted over 220 sets of resistance bands to support disabled people to remain active from their homes. The resources have helped many hundreds of disabled individuals across the UK and through regular exercise has helped them to maintain their health and wellbeing at such a difficult time.

The 10 new workout videos will be split into two age groups. five will be primary focussed, and five secondary focussed, and each comes with its own unique theme, meaning that every workout is different and varied. The videos will be available on the WheelPower website and our YouTube Channel and can be accessed for free at a time that suits your needs. We are today releasing the first four of the series.

We are delighted that Ella Beaumont has agreed to be the instructor for these new videos. Ella is a former GB Wheelchair Basketball player, and throughout the pandemic has created some fantastic fitness resources for disabled people to enjoy from their homes. She is passionate about helping people with disabilities to stay active and has become well known online for her use of everyday household equipment within her routines!

“Our new exercise videos are aimed at young disabled people and come at a time when children are at home and missing their PE classes at school. These 10 workouts feature our instructor Ella, as she leads us through a series of exercises around a particular theme. Each workout is approximately 20 minutes long and they are all fully adaptable and inclusive, so all family members can join in the movements too!” Emily Weller, WheelPower Head of Sport.

Transforming lives through sport

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“Sport and Physical Activity is vital for young disabled people and WheelPower is delighted to support their physical and mental wellbeing by providing these new online Exercise Videos featuring Ella Beaumont. The Covid-19 pandemic has been hugely challenging for disabled children and their families and we hope that these videos will enable them to exercise at home during lockdown and provide access to fun, inclusive exercise delivered by Ella who is a fantastic role model.” Martin McElhatton OBE, WheelPower Chief Executive.

Cameron’s Story

WheelPower’s Exercise videos have provided an alternative for children with disabilities to keep fit whilst they’re unable to attend school. Cameron is 11 years old and has Spastic Quad Cerebral Palsy, Epilepsy, mild learning needs and spends all day in his wheelchair.



“I would usually be more active if I wasn’t in lockdown. But as I am learning from home at the moment we decided to use the WheelPower exercise videos for my P.E lessons. I find these videos help me to move and stretch in ways that I don’t usually get to and it’s aimed at people in wheelchairs like me, so I can take part fully and be part of the whole session.” As he explains further, “It’s great to be taught by someone in a chair just like me and I love that I don’t have to adapt to the session to get the best from it.” says Cameron.



Workouts for Young People

Note to Editors:

About WheelPower

WheelPower have been providing opportunities for people with physical impairments to take part in sport for nearly 70 years. Based in Stoke Mandeville, the home of the Paralympic movement, WheelPower is at the heart of wheelchair sport.

From first-timers to Paralympic medallists, we support and promote participation at all levels. We have seen how playing sport can enrich lives, offering tremendous physical and psychological benefits, whatever your age or ability.

During the current crisis WheelPower has continued to offer new opportunities for disabled people to get active and stay active through a range of events and resources that include our popular 'Exercise at Home' fitness films. WheelPower also provides equipment that enables disabled people to get active and support for a range of wheelchair sports associations.

Website: www.wheelpower.org.uk

Workouts for Young People:

<https://www.wheelpower.org.uk/resources/wheelpower-workouts-for-young-people>

YouTube:

<https://www.youtube.com/WheelPowerVideos>

YouTube Playlist (direct)

https://www.youtube.com/watch?v=bxQR_646g0U&list=PLsMJ0UHL0DsTpm9caV_CPtfg0GmsXLSIY

Social media:

WheelPower can be found on all channels so please do tag us into your posts using the following: [@wheelchairsport](#) (Facebook) [@wheelpower](#) (twitter) [@wheelpower_official](#) (Instagram)

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