



Exercise Instructions

These are the written instructions for each of the six exercises. You can either save these or print them off.

Shake Exercise Instructions

- Turn your head from right to left and back again 10 times in 10 seconds.
- When you do this, turn your head as far as it will comfortably go.
- Look in the direction your head is pointing.
- After you have done 10 complete turns, wait 10 seconds, then do 10 more.

Shake, Eyes-closed Exercise Instructions

- Close your eyes.
- Turn your head from right to left and back again 10 times in 10 seconds.
- Keep your eyes closed whilst you do this. Turn your head as far as it will comfortably go.
- After you have done 10 complete turns, wait 10 seconds, then do 10 more.

Shake, Stare Exercise Instructions

- Hold your finger pointing upwards in front of you.
- Turn your head from right to left and back again 10 times in 10 seconds.
- Do not let your eyes move from your finger.
- Turn your head as far as it will comfortably go.
- After you have done 10 complete turns, wait 10 seconds, then do 10 more.

Nod Exercise Instructions

- Nod your head up and down and back again 10 times in 10 seconds.
- When you do this, tip your head as far as it will comfortably go.
- Look in the direction your head is pointing.
- After you have done 10, wait 10 seconds, then do 10 more.

Nod, Eyes-closed Exercise Instructions

- Close your eyes.
- Nod your head up and down and back again 10 times in 10 seconds.
- Keep your eyes closed whilst you do this.
- Tip your head as far as it will comfortably go.
- After you have done 10, wait 10 seconds, then do 10 more.

Nod, Stare Exercise Instructions

- Hold your finger pointing sideways in front of you.
- Nod your head up and down and back again 10 times in 10 seconds.
- Do not let your eyes move from your finger.
- Tip your head as far as it will comfortably go.
- After you have done 10, wait 10 seconds, then do 10 more.