**7. Additional Tip**s: (Slide 40)

**a.** Every time you change shoes go back and do your activities

**b.** Stop when fatigued - both muscles and brain

**c.** Hula hoops does not mean using a real Hula Hoop – it means wide rotational movements

**d.** Trunk Control is very important - will improve with some of these activities

**e.** Get HELP when you need it: Orthotist, Physical Therapist, Support Person

**f.** Think how long it takes a football basketball, hockey player, ballerina, ice skater to learn to make their moves - and you want to rush walking efficiently??

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