

**GiGiFIT Program Materials Needed:**

1. Find open floor space to exercise
2. Make sure you have a wall to use near by
3. Exercise or Yoga Mat
4. Therapy ball or if you don't have one, get a chair
5. Find a small-sized lightweight ball that you can hold onto
6. 2 large colored non-slip dots in 2 different colors. If you do not have these, use painters' tape.
7. Weighted ball, also called a medicine ball. If you do not have one, find a heavy item that you can hold onto easily that weighs between 3-6 pounds that won't break and make a mess
8. Non-stretching band or large towel or belt
9. Bean bags or a similar item
10. Water Bottle

