



## Where to Purchase Exercise/Gym Balls

Exercise/gym balls can be very useful for developing core stability and may also be used as part of sensory processing recommendations. Your therapist will explain why they want you to use a ball with your child and what they would like you to do with it.

Ball size: when sitting on the ball the child should be able to place both feet flat on the floor.



Argos  
(55cm and 65cm balls)  
local branches or online:  
[www.argos.co.uk](http://www.argos.co.uk)

Tesco  
(55cm and 65cm balls)  
local branches or online:  
[www.tesco.com](http://www.tesco.com)

Amazon  
(45cm, 55cm and 65cm balls)  
[www.amazon.co.uk](http://www.amazon.co.uk)

Various high street sports shops

Millercare Mobility special  
[www.millercare.co.uk](http://www.millercare.co.uk)

[www.benefitsnowshop.co.uk](http://www.benefitsnowshop.co.uk)

When using this equipment please use it safely and follow any instructions that were provided with the product.