

Fun ways to exercise at Hengist Field Care Home



This week at Hengist Field Care Home we've had some fun physical exercise (and a bit of a boogie...) after all of our Christmas indulgences!

Julie from our team organised some **crazy golf, hula hooping and played 'Lava'**, where a balloon must be kept in the air so it doesn't touch the floor!

To finish off the afternoon, she also hosted a good old **singalong** and some light exercises to the **okey cokey**.

Our residents thoroughly enjoyed themselves – *fun exercise at its best!*