

Gentle exercise and ice lollies at Hengist Field Care Home



We had a fun afternoon in our garden at Hengist Field Care Home this week, making the most of the weather.

Everyone enjoyed a nice **ice lolly** of their choice, while there was much chit chat, banter and laughter going on.

We then started our afternoon **gentle exercise session**, working from the tops of our heads to the tips of our toes.

We used **small dumbbells**, **soft small stress balls** and **exercise bands**, for some lovely stretches, knee movements and leg lifts.

Some lovely mobility from everybody – as we say *"Move it or lose it!"*



Seated exercise session in the garden