

Hengist Field Care Home residents enjoy armchair exercises



We spent a fun-filled afternoon this week doing some gentle armchair exercises, including hand-eye co-ordination movements, here at Hengist Field Care Home.

Our residents got stuck in with a gusto, using small **dumbbells** and **stress balls** as part of their workout.

There was so much fun, with plenty of laughter too!

What a happy and healthy way to be kicking off the New Year!



Using hand weights