

Hengist Field Care Home residents enjoy gentle exercises



At the weekend we had a fun morning doing some gentle exercise together here at Hengist Field Care Home, with music playing in the background and plenty of laughter and banter!

Our residents used small **dumbbells** as weights, squeezed soft **stress balls** and threw **beanbags** into the air to catch. We also worked on some **facial and coordination exercises**.

The large **elastic bands** were used to raise our legs, and wow – we could have the next Can-Can troop in our midst, legs were going so high!

A fabulous morning of keeping fit – as they say 'If you don't move it, you lose it!'



Using stretch bands and beanbags for exercise