

## Hilarious exercises at Hengist Field Care Home



**What a hilarious afternoon we had here at Hengist Field today (Tuesday 5 July).** We held our gentle exercise session in the garden, being such a glorious day and the sun was shining.

We practised breathing techniques, stretching, coordination and "*A,E,I,O,U facial exercises*" – also using small dumbbells as weights and small soft stress balls to squeeze.



What fun we had – so much laughter and giggles. Absolutely brilliant.