

Fitness and fun with Right Step at Lukestone Care Home



On Thursday 27 July our residents at Lukestone Care Home had a fun session with fitness instructor Claire from the Right Step Company.

Claire came into our lounge with a bright smile and big bags, introducing herself to everyone. She played **classic songs** and started with some **warm ups** which our residents found nice and easy to follow.

Later, she handed out **bright coloured scarfs** and danced around with them. As soon as Brian got one he rested it perfectly covering his head. Claire picked up on this move and asked everyone to follow Brian as well, giving everyone the giggles!

Similarly, Claire asked what movements would be easy for everybody to do and our residents were happy to give her lots of suggestions.

Everyone enjoyed a really fun morning – thank you Claire!

