

## **GE Fitness fun at Lukestone Care Home**



**Every fortnight at Lukestone Care Home Hayley from GE Fitness visits us to run her fitness class.**

Our residents love taking part in the class and have fun with the **chair-based exercises**.

These involve a variety of **stretches, movements, ball exercises** and the use of **resistance bands** – for a really good workout.

Our ladies and gents get so much out of being active and challenging themselves.

*See you again soon Hayley!*



Working out with GE Fitness