

## Gentle exercise with resistance bands at Lukestone Care Home



**Last week we had a very enjoyable exercise session with our residents at Lukestone Care Home, using some large resistance bands and balloons to help with gentle stretches.**

These bands provide a super way to improve upper body strength from the comfort of a chair.

Our staff really got into the spirit of it and our gents thought it was great fun!

We look forward to our next session.

