

## Lukestone Care Home residents enjoy a GFitness workout



**Hailey, our personal GFitness Trainer, visited us at Lukestone Care Home on Friday 23 September.**

She brought along **bright coloured resistance bands and balls** in her workout bag to get our residents involved and active – *some of our residents wore the bands as scarves around their necks with style before they realised they were stretchable!*

They had so much fun tugging at the bands from each end, playing with them and joking around with Hailey, all the while **exercising their arms**.

As the individual workout sessions looked entertaining, some of our other residents who were just observing were encouraged to join in for some exercise as well.

Hailey tossed balls to our residents which worked wonderfully as a lively and fun group activity. *It can be great fun keeping fit!*