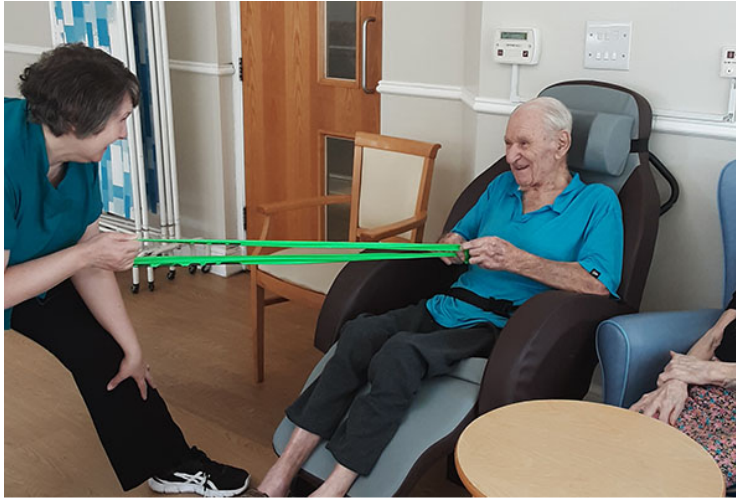


Lukestone Care Home residents work out with resistance bands



Our residents had a fun workout session with resistance bands on Sunday 4 June here at Lukestone Care Home, led by Linda from our Recreation and Well-Being Team.

There were various resistance bands on offer, of different elasticity and colours, which peaked our residents' interest.

Linda, with her sunny personality, cheered everyone and finished the exercise with a tug of war competition – even going up against three residents at one point. *Great fun!*

