

Right step fitness session by Erica at Lukestone Care Home



We had a fun fitness session with Erica from Right Step Fitness Company here at Lukestone Care Home on Thursday 24 August.

Erica was amazing with our residents as her joyous spirit made everyone feel very welcome. She used an array of props to engage our residents and Madge absolutely loved the beach ball with glitter inside. Madge tossed the ball as hard as she could whilst smiling and laughing along with Erica.

Similarly, as soon as Mary got the ball, she cuddled with it in her arms and gently rubbed it on her cheeks. Brian made fun of the pom-poms but eventually joined in with the exercise. Likewise, Leonard was our most enthusiastic resident who repeatedly asked to see what Erica would do next.

There was plenty of fun exercises for everyone to enjoy and all our residents in the lounge were exhausted after the workout session was over!