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## Lauren and Marina's exercise program

**Today we had a session of exercise with music with our residents at Woodstock Residential Care Home.**

Lauren and Marina from our Recreation and Well-Being Team have their own exercise program to get everyone warmed up and energised for the day.

They started off with a warm up – encouraging participants to **shake their bodies**, **roll their shoulders** and **touch their toes**. They had props of flannels when the song '*Splish Splash*' was played, with actions of washing from head to toe!

The group then used **pom-poms** and **tambourines** along with the music and finished off with shaking all over to release any tension.

*They had a laugh doing their exercises and are now full of zest for the day!*



Marina instructing the class