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Seated exercise programme

On Tuesday 23 March we had an active afternoon keeping fit with our lively seated exercise programme here at Woodstock Residential Care Home.

We started off with a **warm up** to some upbeat music, rolling the neck and shoulders, rocking the baby to warm up our arms and then kicking our legs out to warm them up.

It then got more lively, with our residents using ever part of the body to get moving; this gets the heart and blood pumping which can help **improve health**. Gentle exercises can also **reduce stiffness** and help improve movement. The key thing is to make it fun!

We used flannels as props to the song '*Splish Splash*' to make the movements of washing in time with the music. Everyone had lots of fun doing this and we had lots of laughs with each other.

We then used some pom-poms to add some sparkle to our twisting when the song '*Let's Twist Again*' came on.

We all enjoyed making lots of noise with our tambourines and maracas too, in time to more of our favourite songs.

We finished off with a cool down and gave ourselves a big thumbs up for completing the exercise programme!

Enjoying the sunshine

Our residents have also been making the most of the recent lovely weather by sitting in our **garden** and enjoying a chat with a lovely cup of tea.

Everyone said how lovely it was to get out in the fresh air. *Spring is definitely on its way!*



Exercises to music and enjoying the garden