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**Our residents at Woodstock Residential Care Home have been keeping fit with our new exercise programme with some new equipment! We have incorporated small arm weights and resistance bands into our weekly exercise programme to keep us feeling fit and strong.**

Last week we held group sessions around the **Home** with resistance bands, completing exercises to the beat of the music. We began with stretching out the bands with our arms along to the song '*Pump Up the Jam*' to get us warmed up. Then we punched our arms out in front of us to the rhythm of '*The Eye of the Tiger*'. We finished off with a cool down rolling the shoulders and wrists with gentle exercises.

We used our new small weights this week with our cycling exercises to build strength in our arms and legs. This is all great for our mobility and self-esteem – everyone is looking forward to the next '*pump it up*' session!

