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Right Step

On Friday 28 April, our residents at Woodstock Residential Care Home enjoyed a morning of exercises with Right Step.

They created a fun **coronation-themed exercises program** to get everyone moving, with crowns and flags as part of the fitness program.

Our residents can really benefit from doing daily exercises, which can help boost mood and energy levels. The Right Step program involves using arms, legs and upper body to build strength and improve balance and coordination.

Our ladies and gents all had fun with **parachute games** and **looking regal in their crowns** as they shared the session. *Great fun!*