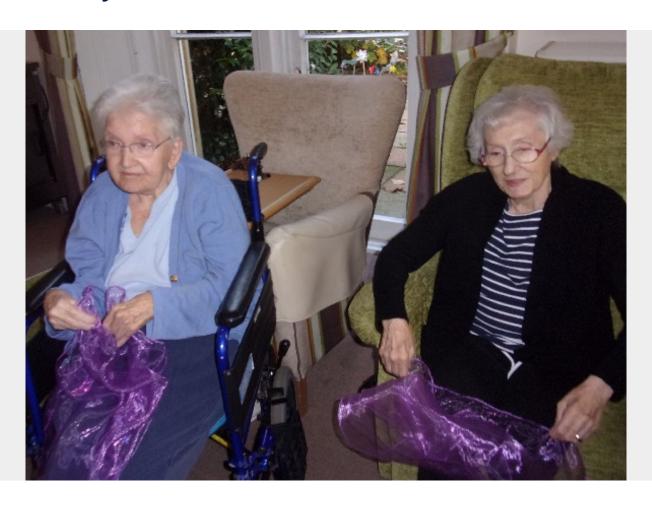


Loose Valley Care Home

Loose Valley Care Home hosts seated exercise class with Louise



We held a chair exercise class this morning at Loose Valley Care Home.

A motivational class, it focused on movements with the arms, hands, fingers and legs, feet and ankles, with instructor Louise Rose directing us with what to do.

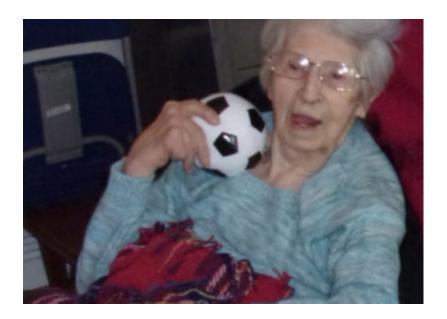
Exercises included;

A warm up with leg, arm and head movements and toe and finger wiggling Squeezing a ball in the hand Shaking scarves up and down Making a fist and pretending to box Throwing bean bags into a bucket for coordination

Our residents really look forward to the class and we always have a laugh trying to remember the order in which we have to move our arms!



Loose Valley Care Home







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