

Pilates with pom poms at Loose Valley Care Home



On Tuesday 10 March we held a Pilates class for our residents here at Loose Valley Care Home.

We warmed up first with arm, hand, leg, ankle and neck movements to music. We had *Smooth FM* on through our television, and played some beautiful music – mostly slow songs which were ideal for gentle exercises.

Our **volunteer Jackie** enjoyed being involved in the group. As a physiotherapist, she knows how important it is to exercise the body. She engaged our ladies and gents with throwing and catching big balloons and beach balls. We also had fun with pom poms pretending we were cheerleaders!

A super session for the body and mind.