

Fitness fun at Abbotsleigh Care Home



We enjoyed an athletic week at Abbotsleigh Care Home last week, which is fitting as the Commonwealth Games has been on in Birmingham!

We welcomed members of **G Fitness**, who came for a visit and showed us some new moves. Some of our residents were up on the floor getting active, whilst others worked on their upper arm strength from their chairs, or practiced throwing and catching a ball.

We also tried our hand at **aqua painting** (painting with water) and **table skittles**.



G Fitness session