

## **G-Fitness with Henry at Abbotsleigh Care Home**



### **Fun gentle exercise**

**Henry from G-Fitness joined us at Abbotsleigh Care Home recently; he got our ladies and gents moving with smiles, while we stretched and warmed up to some great music.**

Henry really gets everyone moving and it makes our residents feel happy. We know fitness is a must and we enjoy finding fun ways to help maintain our residents' mental and physical health.

