

## Residents keeping fit with innovative exercise class

A Derbyshire Care Home is helping Residents keep fit with a variety of specialised exercise classes designed for the elderly.

**Coxbench Hall Residential Home** for older adults (just north of Derby), which cares for 36 residents, has always had exercise classes two or three times a week but about two years ago the decision was taken to introduce Zumba® exercise classes to the home.

**Sarah Ballin** who is a qualified Zumba® and Fitness Instructor explained that there are various types of Zumba® from the extremely active to very sedate. ZUMBA GOLD® (as its name suggests) is the grade suited to the elderly as it involves a succession of gentle chair-based exercises for the class. Sarah explained that her assistants are also qualified.



Chair-based exercise has been recognised as a way of maintaining and improving the health and fitness of the elderly and less mobile in a safe way.

Olive Tomlinson, Manager at Coxbench Hall Residential Home, said: “The Residents really enjoyed the class, which saw them get active and carry out exercise in a very safe, supervised and secure environment. We had no trouble in making the class a regular event three times a week and I have every confidence that it will improve and maintain the health and wellbeing of the Residents here at Coxbench Hall.”

“The expertise and experience that Sarah and her colleagues have demonstrated have made it a perfect partnership for us with our Residents in mind.”

Seated exercise has been noted to lubricate joints and keep them flexible, strengthen and stabilise individual muscles and increase blood circulation. Studies have also supported improved outcomes for chronic conditions such as hypertension, diabetes and osteoporosis.

Sarah (Principal of “Let’s Get Active”), who has been an instructor for three years, added: “The class at Coxbench Hall Residential Home are a great group to work with as they are enthusiastic and the staff are very helpful and encouraging with the Residents.

Maintaining a healthy and active lifestyle is very beneficial to elderly people as it maintains independence and mobility, as well as providing a fun and enjoyable past time.”