

CHAIR BASED EXERCISE IN CAREHOMES

PROJECT END STATS

1 What we did



In 2022/ 2023 we delivered chair based exercise sessions to 4 care homes across Cumbria.

Following our unique Active Brew Crew exercise guide and using equipment including a resistance band, resistance balls and even Pom Poms.

The aim was to encourage residents to exercise as a group and create new friendships through activity.

We hoped to inspire the groups to start exercising without an instructor to create sustainability without the need of hiring an instructor long term.

2 Project stats



Across 4 care homes we:

- worked with **58 different people**
- worked with **15 different care home staff**
- gave out **75 copies of our ABC guide**, balls and bands to residents for free
- the 58 residents attended sessions 633 times in total
- we delivered **63 hours worth of support**
- the project was funded for just £7040, that means it cost just £96pp for 16 weeks worth of support and exercise toolkits.

3 Results and impact



- 100% of residents reported a positive change in their ability to exercise
- 90% of residents felt more confident they could lead a chair based exercise programme themselves
- 90% of residents said they felt their emotional wellbeing had improved
- 70% of residents said the exercises had improve their ability to breathe well
- 100% of residents felt their torso and core strength had improved

Care home staff said: "I have seen residents using the guide in their own rooms, they enjoy it!"

4 The future



Thanks to this pilot activity we aim to keep delivering chair based exercises in care homes/ residential settings and hospitals in 2023 and beyond and inspiring people to use the toolkits by themselves with their peers and families.

If your care home would like to be considered for weekly the Active Brew Crew workout please get in touch by calling Lisa on 01228 819101 or email lisa@icanfitnesscumbria.co.uk

Thanks to funding from:

