

Bromley Park Care Home celebrates International Day of Sport



On Wednesday 6 April we came together to celebrate the International Day of Sport at Bromley Park Care Home.

The 'International Day of Sport for Development and Peace' takes place annually on this date and aims to recognise the positive role sport and physical activity play in communities and people's lives across the globe.

Unfortunately the British weather wasn't very kind, so we were unable to get out in our lovely garden, but that didn't stop our residents engaging in different sports inside.

Dorothy enjoyed some tennis which she loves, **Donald** showed off some fancy footwork football skills and **Christine** shared some balloon games.

Some of our residents also enjoyed a turn on our **static exercise bike** – which is so great for the legs and arms – and **games of hoopla** which provided some exercise for the upper body too.

It was fun to have a day dedicated to sports and it was a good reminder of how important being active and mobile is for the well-being of us all, however we choose to do it!

