

Action packed chair fitness at Sonya Lodge Residential Care Home



Our residents at Sonya Lodge Residential Care Home were, as always, looking forward to their weekly chair fitness session with the Ellenor team last week.

They completed an **hour of chair fitness** and kept laughing and **smiling throughout!**

The session was made up of a range of **movements, stretches and exercises that promote mobility** and try to combat the risks associated with frailty.

Everyone loved the session, especially Brian who decided that he was going to assist the instructor to lead the class!

