

Armchair workout at Sonya Lodge Residential Care Home



We like to keep active here at Sonya Lodge Residential Care Home and our regular armchair workouts are always well attended.

Our **Well-Being Champion Jo** guided our residents through some **gentle seated exercises** on Wednesday and some of our ladies wore colourful headbands to really look the part!

The sessions are great for exercising the arms and upper body, providing a great boost to mobility and strength.



