

Chair fitness at Sonya Lodge Residential Care Home



It is so important to keep moving and as mobile as possible as we get older and this is no different for our residents here at Sonya Lodge Residential Care Home.

Ensuring that our residents have regular access to **physical fitness activities** benefits their physical and mental wellbeing.

Jane from G-Fitness runs a regular chair fitness session with music for our residents which focuses on **joint mobility and strengthening**, whilst having lots of fun!

Our ladies and gents love this activity and can always be found **laughing and smiling** (as well as singing and dancing!) throughout the session.

