

Chair fitness at Sonya Lodge Residential Care Home



Keeping fit together

Our residents here at Sonya Lodge Residential Care Home enjoyed another visit from Jane from G-Fitness recently. She got everyone moving with the chair fitness session. Our residents love joining in with this activity and there is always a party atmosphere when Jane is here.

Our ladies and gentlemen initially stretched out their muscles and joints, before focusing on some strengthening exercises. They then worked on joint mobility and movement to music. It is brilliant to see how much they enjoy this activity and how much it helps and supports their mobility.

As always, the chair fitness session was rounded off with an impromptu dance party, which we all loved!

