

Chair fitness session at Sonya Lodge Residential Care Home



It is so important to keep as active and mobile as possible – especially in our later years – even more so for individuals in a care home environment like our residents here at Sonya Lodge Residential Care Home.

Our residents really enjoy their regular chair fitness sessions with **Jane** from **G-Fitness**; they always laugh and sing along to the music as they do their leg and arm exercises to mobilise and strengthen their joints.



Regular exercise not only benefits our physical well-being but also our emotional well-being.