

Chair Fitness with Alex at Sonya Lodge Residential Care Home



We had another brilliant Chair Fitness session on Tuesday morning at Sonya Lodge Residential Care Home. Chair Fitness gets everyone moving and it can be adapted to all capabilities.

It is enjoyed by our residents, staff and family members! It's beneficial for all types of needs –physical, emotional and self-esteem.

The music is an activity in itself, with a mix of different decades, and Alex also takes requests for the next session!