

## Chair fitness with Alex at Sonya Lodge Residential Care Home



**Our residents enjoyed another weekly visit from Alex from the Ellenor Team here at Sonya Lodge Residential Care Home.**

Alex gathered our residents together to take part in some **chair exercises to their favourite songs**. This time he even managed to get some of our residents' relatives involved too. Roy's daughter Jackie had a fantastic time taking part with her dad. They laughed from start to finish! ☐

This activity has so many **physical benefits** for our ladies and gents, but it provides so much more than that; it **boosts our residents' self-esteem** as they accomplish different exercises, and gives them a collective sense of belonging as they workout together. *The smiles speak for themselves!*

We are so fortunate to have access to this wonderful activity that promotes physical, social and emotional wellbeing.

