

## Festive chair fitness at Sonya Lodge Residential Care Home



Last week Jane from G-Fitness joined our Sonya Lodge Residential Care Home residents to provide them with a festive chair fitness session.

Our residents loved this activity as they sang along to all of their **favourite Christmas songs**, while completing the fitness moves.

Everyone carried out a range of stretches and movements to music, and completed some **strengthening exercises** with stress balls and resistance bands.

*We all had a fantastic time and can't wait for our next visit from Jane.*

