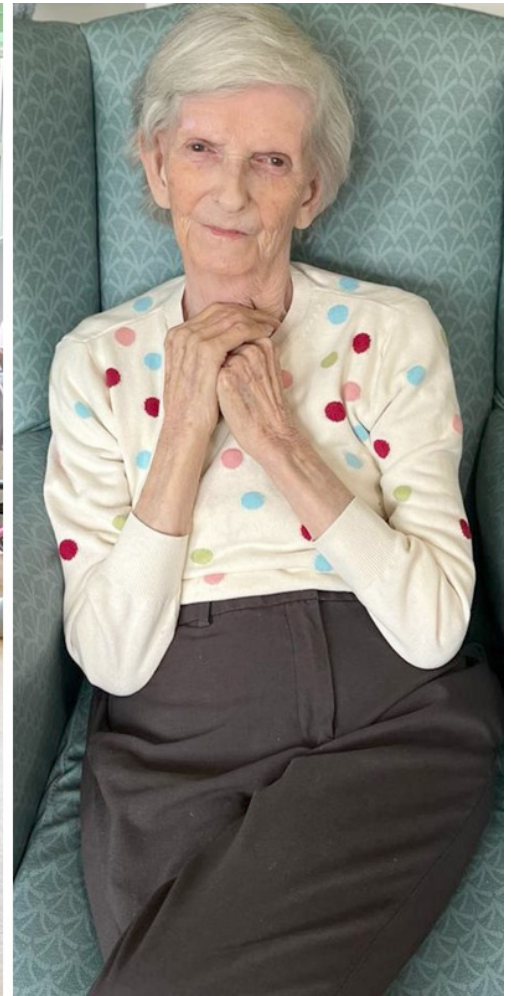


Fun with Chair Fitness at Sonya Lodge Residential Care Home



Our residents at Sonya Lodge Residential Care Home enjoyed their chair fitness session with Jane from G-Fitness last week. They worked out to some of their favourite songs while singing and laughing together.

Our ladies and gentlemen completed stretches and exercises for each part of the body. They then used resistance bands and "squish" balls to strengthen their arms, shoulders, hands, and grip.

As you can see from the photos, everyone had a fantastic time and are already looking forward to their next chair fitness session.











