

Fun with chair fitness at Sonya Lodge Residential Care Home



Our residents kept active this week with their chair fitness session at Sonya Lodge Residential Care Home.

They completed an hour of exercises to focus on **strengthening their joints** and **improving their mobility**. They laughed and sang along to the music while working hard.

*We're delighted that our ladies and gents have built up some fantastic relationships and rapport with the two **chair fitness instructors who visit us, Alex and Jane.***

One of our residents, Ann, has formed a lovely bond with Jane and is thrilled to see her when she walks into the building. *Ann will often tell people that Jane is her favourite!*



