

Having fun with chair fitness at Sonya Lodge Residential Care Home



Our residents at Sonya Lodge Residential Care Home always look forward to their chair fitness session with Jane from G-Fitness.

Everyone join in with some exercises to music. They initially focused on gentle stretching movements to encourage the mobilisation of joints. They then move on to strengthening exercises with stress balls and resistance bands.

Our residents then completed the session by joining in with a dance routine to music. As always, this lead to an impromptu dance party and lots of giggles!



Thanks for a fantastic session Jane – see you soon!