

Keeping active at Sonya Lodge Residential Care Home



Chair fitness exercise

Keeping active is very important for both our residents physical and mental well-being here at Sonya Lodge Residential Care Home.

This week we were visited by **Jane from G-Fitness**. She provided our residents with a lively chair exercise session to music. She really got the party started with many of our residents singing along to the songs while they were working out. Jane also incorporated some strengthening exercises with resistance bands and "stress" balls.

Our ladies and gents had a fantastic time and were really proud of what they had accomplished during the session.

