

Keeping active with chair fitness at Sonya Lodge Residential Care Home



Our residents at Sonya Lodge Residential Care Home enjoyed another session of chair fitness recently with the lovely Jane from G-Fitness.

These sessions are a favoured activity of so many of our residents and it is lovely to see our Home filled with **smiles, laughter and singing.**

Our residents do a range of exercises to music that focus on **mobilising and strengthening** their legs, feet, arms, hands and shoulders.

Our residents love these sessions which are extremely beneficial to everyone's physical wellbeing.

