

## Sonya Lodge Residential Care Home exercise to Joe Wicks



### Joe Wicks – The Body Coach

There's "no rest for the wicked" here at Sonya Lodge – especially not for our ladies! Joe Wicks has captured the nation with his YouTube workouts and we are getting in on the action.

**Joe Wicks** has been around since 2014 as a personal trainer and online fitness and nutrition guru, but now he delivers free online workouts for the whole family. His chair-based workouts for seniors have been really popular at **Sonya Lodge**, and we are all staying fit together!