

Sonya Lodge Residential Care Home residents keep fit together



Tuesday Chair Fitness with Alex

Our usual Tuesday Chair Fitness session with Alex went as well as it always does here at Sonya Lodge Residential Care Home!

Our residents enjoyed an array of different **chair-based exercises**; some of these activities included seated leg kicks to strength the calves, bicep curls to benefit the arms, and hand twists to strengthen the wrists.

The exercises are not the only enjoyable part, the **music** is! **Alex takes requests** from our ladies and gents for his next sessions, so when he comes, everyone can exercise to the music they requested.

Chair fitness is not only **beneficial to our residents' physical health, but their mental health too**. It is the social element of the activity which is so important – everyone always has a smile on their face. *We can't wait for next Tuesday!*