

## Sonya Lodge Residential Care Home residents keep fit with Alex



**Every Tuesday, Alex conducts a chair fitness session for us at Sonya Lodge Residential Care Home.**

Chair fitness is so popular here at the Lodge – *it's one of those classes that we never want to end!*

Alex leads a **range of exercises** to keep our residents fit and healthy, with **great music** too. It's our favourite way to kick off the week.

Seated fitness is of course very good for our physical health, but we find it one of the most effective ways to keep our mental health positive too. *A bit of exercise can go a long way.*