

# Your Easy 10-Minute RV Routine



Small but mighty. Joint-friendly. Totally RV-friendly.

Healthy RVing

Healthy U

This gentle routine is designed to help you move every day without overdoing it. Try it once a day for a week, especially on travel days or slower mornings. All movements can be modified to stay pain-free.

## 3 Wall Pushups – 8–12 reps

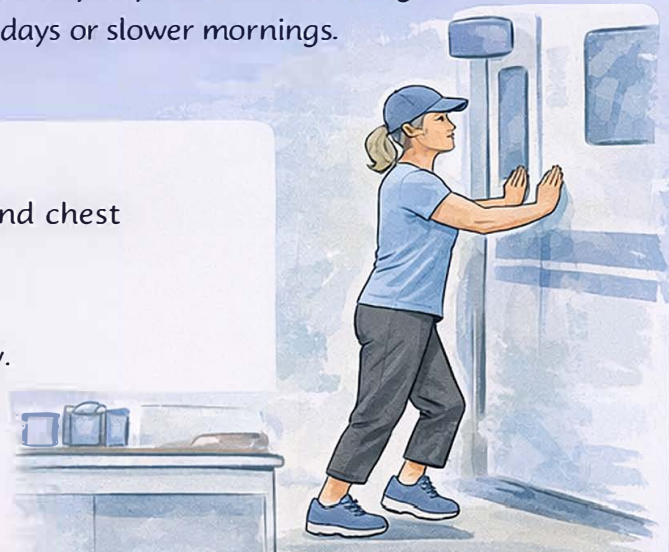
**Why it helps:** Strengthens arms, shoulders, and chest without stressing wrists or joints.

**How to do it:**

- Stand facing a wall, about arm's length away.
- Place hands on the wall at shoulder height.
- Bend elbows and lean toward the wall.

**Arthritis-friendly options:**

- Stand closer to the wall to reduce intensity.
- Keep wrists straight and relaxed.
- Use a counter or RV dinette if that feels more comfortable.



## 4 Standing Knee Lifts – 30 seconds

**Why it helps:** Improves balance, hip strength, and walking confidence.

**How to do it:**

- Stand behind your chair and hold the back for support.
- Slowly lift one knee, then lower it.
- Alternate sides at a comfortable pace.

**Arthritis-friendly options:**

- Lift the foot just an inch or the floor.
- March in place slowly rather than lifting high.
- If standing is uncomfortable, repeat the Seated March instead.



## 5 Shoulder Rolls + Deep Breathing – 2 minutes

**Why it helps:** Reduces tension, improves posture, and calms the nervous system.

**How to do it:**

- Sit or stand comfortably.
- Slowly roll shoulders up, back, and down 5-8 times.
- Reverse direction.

### Final Notes

- Move within a pain-free range — no forcing, no rushing.
- Mild muscle effort is okay; sharp joint pain is not.
- Consistency matters more than intensity.