

Your Easy 10-Minute RV Routine

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

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.

✓ What you'll need:

- ✓ A sturdy chair
- ✓ A wall or RV counter
- ✓ Comfortable shoes (optional)
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1 Seated March – 1 minute

Why it helps:

Gets blood flowing, warms up the hips, and gently activates your core.

How to do it:

- Sit tall in your chair with both feet flat on the floor.
- Slowly lift one foot a few inches, then lower it back down.
- Alternate legs like a slow, relaxed march.

Arthritis-friendly options:

- Lift only your toes if full leg lifts feel uncomfortable.
- Move slower if joints feel stiff.
- You can rest your hands on the chair for support.



2 Chair Squats (Sit-to-Stand) – 8–10 reps

Why it helps:

Strengthens legs and core for daily tasks like getting out of chairs, bed, or the RV step.

How to do it:

- Sit near the front edge of the chair, feet hip-width apart.
- Lean slightly forward and press through your heels to stand.
- Slowly lower yourself back down with control.

Arthritis-friendly options:

- Use your hands on the chair or thighs for assistance.
- Perform **partial stands** (stand halfway up, then sit back down).
- Reduce reps if **fatigue sets in**—quality matters more than quantity.

