



Healthy U -5 Minute RV Mobility Card

1. Hip Circles	10x each direction • Sit or stand tall • Small, slow circles • Hold support if needed
2. Thoracic Twist	10x each side • Sit or stand tall • Rotate gently through upper back • Stop before discomfort
3. Shoulder Rolls	10x forward + 10x backward • Lift shoulders up, back, and down • Slow and relaxed
4. Ankle Circles	10x each ankle • Seated or standing with support • Gentle circles only
5. Forward Fold + Breathing	20 seconds • Stand or sit and hinge forward • Bend knees as needed • Take slow, deep breaths

Healthy U Tip: Move slowly. Nothing should hurt. Smaller movement still counts. Perfect after driving or first thing in the morning.