



Healthy U -5 Minute RV Mobility Card

1. Hip Circles	10x each direction <ul style="list-style-type: none">• Sit or stand tall• Small, slow circles• Hold support if needed
2. Thoracic Twist	10x each side <ul style="list-style-type: none">• Sit or stand tall• Rotate gently through upper back• Stop before discomfort
3. Shoulder Rolls	10x forward + 10x backward <ul style="list-style-type: none">• Lift shoulders up, back, and down• Slow and relaxed
4. Ankle Circles	10x each ankle <ul style="list-style-type: none">• Seated or standing with support• Gentle circles only
5. Forward Fold + Breathing	20 seconds <ul style="list-style-type: none">• 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.