



Balance After 50 RV EXERCISE PLAN



HealthyRVing

HEALTHY U ❤️

STRONGER BALANCE • MORE CONFIDENCE • LIFE ON YOUR TERMS

A simple, equipment-light plan to improve balance, strength, and stability—at home or on the road.

📅 20 MINUTES • 4 DAYS PER WEEK

WHY BALANCE CHANGES AROUND 50

- ✓ Weaker hips & glutes
- ✓ Less core strength
- ✓ Reduced ankle mobility
- ✓ Less practice standing on one leg
- ✓ More sitting
- ✓ Confidence drops after a wobble

EQUIPMENT YOU NEED



SAFETY FIRST

- ✓ Always near a support surface
- ✓ No balancing if dizzy
- ✓ Focus eyes on one spot
- ✓ Move slowly & with control
- ✓ Quality over duration

RV-FRIENDLY BONUS MOVES

AT THE SINK
Stand on one leg while holding the counter. 10 sec each side.



WHILE COFFEE BREWS
Do heel raises. 15 reps.



OUTSIDE AT CAMP
Walk uneven ground slowly and carefully for foot/ankle training.



DAY 1 STRENGTH + STABILITY

WARM-UP (3 MIN)

- March in place – 1 min
- Shoulder rolls
- Ankle circles

WORKOUT (2 ROUNDS)

1 SIT-TO-STAND
10 REPS

2 HEEL RAISE
15 REPS

3 SINGLE-LEG BALANCE
20 SEC EACH SIDE (HOLD CHAIR LIGHTLY)

4 STANDING SIDE STEP
12 EACH SIDE

DAY 2 WALK + CORE



15-20 MINUTE WALK

- Flat surface,
- comfortable pace.

THEN:

1 STANDING KNEE LIFT
10 EACH SIDE

2 SEATED TORSO TWIST
10 EACH SIDE

DAY 3 BALANCE BUILDER

WORKOUT (2 ROUNDS)

1 TANDEM STAND
20 SEC EACH SIDE (HEEL-TO-TOE)

2 MARCH IN PLACE
1 MINUTE

3 SIT-TO-STAND
8 REPS

4 WALL PUSH-UP
10 REPS

DAY 4 MOBILITY + RECOVERY

- Hip circles x 10 each way
- Calf stretch
- Ankle circles
- Easy walk 10 minutes
- Deep breathing

Recovery days improve balance too!



PROGRESSION PLAN



THE BIGGEST SECRET TO BETTER BALANCE

❤️ It is not age.
It is practice.
Even 10 minutes, 4x/week can create noticeable change.

TIPS for SUCCESS

- ✓ Be consistent
- ✓ Strengthen your legs & core
- ✓ Wear supportive shoes
- ✓ Go outside when you can
- ✓ Hydrate well
- ✓ Celebrate small wins!

**STRONG TODAY.
STEADY TOMORROW.**

RV Life. Healthy You. ❤️

