



HealthyRVing

HEALTHY U ❤️

BEGINNER Fibromyalgia WORKOUT PLAN

GENTLE • CONSISTENT • ACHIEVABLE

Short, low-impact movement to help reduce pain, improve energy & support better living on the road.



1 DEEP BREATHING + SHOULDER ROLLS

🕒 1 MINUTE



- Sit or stand tall.
- Take slow breaths in through your nose, out through your mouth.
- Roll shoulders backward 10 times, then forward 10 times.



TIP

Slow breaths calm your nervous system and reduce tension.

2 SEATED MARCHING

🕒 1 MINUTE



- Sit in a sturdy chair.
- Lift one knee, then the other.
- Go at a gentle, comfortable pace.



TIP

Great for circulation and joint mobility.

3 SIT-TO-STAND

🕒 30 SEC - 1 MIN



- From a chair, stand up slowly.
- Sit back down with control.
- Use your hands if you need to.



TIP

Builds lower body strength for everyday activities.

4 WALL PUSH-UPS

🕒 30 SECONDS



- Place hands on the wall at shoulder height.
- Bend elbows slightly.
- Press back until your arms are straight.



TIP

Strengthens upper body without strain.

5 STANDING SIDE STEPS

🕒 1 MINUTE



- Hold a chair or counter if needed.
- Step side to side slowly.
- Keep your movements smooth and comfortable.



TIP

Improves balance, stability and hip mobility.

6 GENTLE STRETCH COOLDOWN

🕒 2-3 MINUTES



- Breathe deeply and move gently.
- Let your body relax and enjoy the calm.



TIP

Stretching helps reduce stiffness and promotes relaxation.

7-DAY PLAN OVERVIEW



DAY 1

Gentle Start
Light movement to wake up your body.



DAY 2

Mobility Reset
Focus on gentle stretches and easy movement.



DAY 3

Easy Strength
Build strength with simple, low-impact moves.



DAY 4

Recovery Day
Rest, stretch or take a slow walk.



DAY 5

Low Impact Cardio
Boost energy with easy movement.



DAY 6

Flexibility + Relaxation
Gentle stretches and deep breathing.



DAY 7

Your Best Day
Repeat your favorite or what feels best.



IMPORTANT REMINDERS

- ✓ Start small. Even 5 minutes counts.
- ✓ Use the 24-hour rule: if symptoms increase the next day, do less next time.
- ✓ Stop before you're exhausted.
- ✓ Flare day? Do less, not more.
- ✓ Consistency over intensity.



BEST TYPES OF EXERCISE

- 🚶 Walking
- 🪑 Chair Workouts
- 🧘 Stretching
- 🛀 Warm Water Exercise
- 🧘 Yoga / Tai Chi
- 🏋️ Light Resistance Bands



REAL GOAL

To finish feeling a little better than when you started.



YOU'VE GOT THIS!