



Healthy RVing - Healthy U

Seated Chair Workout (Arthritis & Limited Mobility Friendly)

Perfect for RV living, small spaces, joint comfort, and beginner fitness

Equipment: Sturdy armless chair, optional resistance band

Time: 10–15 minutes

Frequency: 3–5 days per week

Warm-Up & Strength Routine

1. Seated March – 60 seconds

Why it helps: Boosts circulation, warms up hips, gently activates the core.

How to do it: - Sit tall with feet flat on the floor. - Slowly lift one foot a few inches, then lower it. - Alternate legs at a comfortable pace.

Arthritis-friendly tips: - Lift only as high as pain-free. - Slow the pace if joints feel stiff. - You may tap toes instead of lifting fully.

2. Sit-to-Stand (Chair Squats) – 6–10 reps

Why it helps: Builds leg and core strength needed for daily independence.

How to do it: - Sit near the front of the chair, feet hip-width apart. - Lean slightly forward and press through your heels to stand. - Slowly sit back down with control.

Arthritis-friendly options: - Use hands on the chair or thighs for assistance. - Perform partial stands if full standing is uncomfortable. - Stop before fatigue causes poor form.

3. Seated Row with Resistance Band – 10–12 reps

Why it helps: Improves posture and strengthens upper back muscles.

How to do it: - Sit upright, holding the band with arms extended. - Pull elbows back, squeezing shoulder blades together. - Slowly return to start.

Arthritis-friendly tips: - Use very light resistance. - Keep wrists neutral and relaxed. - Reduce range of motion if shoulders feel tender.

4. Seated Leg Extensions – 6–10 reps per leg

Why it helps: Strengthens thighs and supports knee stability.

How to do it: - Sit tall with feet flat. - Extend one leg forward, pause briefly. - Lower with control and repeat.

Arthritis-friendly tips: - Avoid locking the knee. - Keep movement slow and controlled. - Shorten the extension if knees feel sensitive.

5. Seated Torso Twist – 6–10 reps per side

Why it helps: Improves spinal mobility and reduces stiffness.

How to do it: - Sit upright with hands on thighs or crossed over chest. - Gently rotate your upper body to one side. - Return to center and switch sides.

Arthritis-friendly tips: - Keep twists small and slow. - Do not force the movement. - Focus on breathing, not depth.

Cool Down (Optional – 2–3 minutes)

- Gentle neck rolls
- Shoulder shrugs
- Slow ankle circles

Safety Notes

- Move within a pain-free range.
- Mild muscle effort is okay; sharp joint pain is not.
- Stop if you feel dizzy, short of breath, or unsteady.

Small movements done consistently lead to big improvements in daily comfort and independence.