



SIMPLE, NO-FLOOR, JOINT-FRIENDLY MOVEMENT

for RVers Over 50

Take care of your body so you can enjoy the journey!



FEEL BETTER—WITHOUT TRAINING HARDER

1 SEATED MARCH



- ✓ Improves circulation, warms up hips, and gets your body moving without impact.

Easier: Lift your feet just an inch off the ground.

2 SIT-TO-STAND



- ✓ Builds leg strength for getting in/out of your RV safely.

Easier: Use your hands on the chair or thighs for support.

3 SUPPORTED HIP HINGE



- ✓ Strengthens your backside and supports your lower back.

Easier: Keep the movement small and controlled.

4 HEEL RAISES



- ✓ Improves balance and ankle strength (great for uneven ground).

Easier: Lift just slightly and go slow.

5 WALL PUSHUPS



- ✓ Strengthens arms and shoulders without stressing joints.

Easier: Stand closer to the wall.

6 STANDING SIDE STEPS



- ✓ Strengthens hips and improves stability.

Easier: Keep steps small and controlled.

7 SHOULDER ROLLS + DEEP BREATHING



- ✓ Relieves tension and resets posture (especially after driving).

TIPS FOR SUCCESS

- ✓ Do each move for 30–45 seconds.
- ✓ Go at your own pace.
- ✓ Listen to your body.
- ✓ Little and often is the key!



♥ A little movement every day helps you feel better, move easier, and enjoy RV life to the fullest!

You've got this! ♥