



Short movement planner

Optional brief movement breaks. Skip anything that isn't right for you. Not a bone-density treatment.

Time of day	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Ideas (supported, low-impact)

- ☐ Heel raises holding a counter
- ☐ Sit-to-stand from a sturdy chair
- ☐ Marching in place
- ☐ Tandem stance next to support
- ☐ Shoulder rolls
- ☐ A short walk