SESSION SHEET S21 / REGULAR-ACTIVITY PRACTICE

20-minute gentle mobility

Standing and chair-supported movement | 20 minutes INCLUDING breaks

For adults who can move independently and have no unresolved exercise concerns. Recent falls, pain, illness, surgery, pregnancy, symptoms, medication concerns or an exercise restriction need an individual starting plan. Complete the readiness check before using a sheet; it is not medical clearance.

Stop for chest pain, dizziness, faintness, unusual breathlessness or pain. Severe or persistent symptoms need urgent medical help. Breathe normally; do not strain or hold your breath.

Equipment: stable non-wheeled chair, clear wall and level space.

The clock is a guide, not a deadline. Finish early or take more rest when needed. Do not add this sheet on top of another session in your weekly plan.

0-4 min | Ease in

Walk slowly on a level, clear surface or march gently beside a stable support. Start slower than your main session; pause as needed.

[ ] Completed, adapted or skipped. My note: _____

4-7 min | Seated alternating march

2 sets of 8 repetitions per side

Sit tall, holding the chair sides. Lift one bent knee slightly, lower it, then change legs.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Lift the foot only a little.

Avoid: Do not lean back or force the lift.

[ ] Completed, adapted or skipped. My note: _____

7-10 min | Seated ankle movement

2 sets of 8 repetitions per side

Support yourself on the chair. Extend one leg comfortably and slowly point then draw back the toes. Change sides.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Keep the heel lightly supported.

Avoid: Do not force your ankle range.

[ ] Completed, adapted or skipped. My note: _____

10-13 min | Gentle seated chest opening

3 gentle holds of 5 seconds; relax between holds

Sit tall. Gently move shoulders back and open your arms low at your sides. Relax after each hold.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Keep your arms closer to your body.

Avoid: Do not arch your lower back or push into pain.

[ ] Completed, adapted or skipped. My note: _____

13-16 min | Gentle seated neck turn

3 gentle turns per side; pause up to 5 seconds within comfort

Look ahead, then turn slowly to one side within comfort. Return to centre and change sides.

Rest: Rest 45-60 seconds after each set. Use unused slot time for rest or setup. Never rush to finish; take longer rest if needed.

Easier: Make a smaller turn.

Avoid: Do not circle your head or continue if dizzy.

[ ] Completed, adapted or skipped. My note: _____

16-20 min | Finish gently

Slow to a very easy walk, then pause comfortably. Let your breathing settle; do not add a hard final effort.

[ ] Completed, adapted or skipped. My note: _____

After this session

How did it feel? Easy / manageable / too much. Note any symptoms or next-day difficulty. Repeat a comfortable dose before adding a small change; seek advice about pain or unusual symptoms.

Source-linked education, not a clinical prescription. These are KYH template combinations, not NHS- or CDC-approved programmes. They do not train every major muscle group or necessarily meet weekly activity targets. AI-assisted; not independently clinically reviewed. Sources checked 31 October 2026.

Sources & illustrated movement guidance

https://www.nhs.uk/live-well/exercise/sitting-exercises/

My current weekly plan: https://knowledgeyourhealth.com/planner/

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-20-min-s21/