SESSION SHEET S01 / GENTLE STARTING DOSE

10-minute chair & wall strength + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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/strength-exercises/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-10-min-s01/

SESSION SHEET S02 / REGULAR-ACTIVITY PRACTICE

10-minute chair & wall strength + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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/strength-exercises/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-10-min-s02/

SESSION SHEET S03 / GENTLE STARTING DOSE

10-minute chair & wall strength

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Supported calf raise

1 set of 5 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

8-10 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-10-min-s03/

SESSION SHEET S04 / REGULAR-ACTIVITY PRACTICE

10-minute chair & wall strength

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Supported calf raise

1 set of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

8-10 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-10-min-s04/

SESSION SHEET S05 / GENTLE STARTING DOSE

15-minute chair & wall strength + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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/strength-exercises/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-15-min-s05/

SESSION SHEET S06 / REGULAR-ACTIVITY PRACTICE

15-minute chair & wall strength

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

12-15 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-15-min-s06/

SESSION SHEET S07 / REGULAR-ACTIVITY PRACTICE

15-minute chair & wall strength + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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/strength-exercises/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-15-min-s07/

SESSION SHEET S08 / GENTLE STARTING DOSE

15-minute chair & wall strength

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Supported calf raise

1 set of 5 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

12-15 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-15-min-s08/

SESSION SHEET S09 / REGULAR-ACTIVITY PRACTICE

20-minute chair & wall strength

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 | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

7-10 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

10-13 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

13-16 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: _____

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/strength-exercises/

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/chair-wall-strength-20-min-s09/

SESSION SHEET S10 / REGULAR-ACTIVITY PRACTICE

20-minute chair & wall strength + supported balance

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 | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

7-10 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

10-13 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

13-16 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

[ ] 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/strength-exercises/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-20-min-s10/

SESSION SHEET S11 / REGULAR-ACTIVITY PRACTICE

30-minute chair & wall strength

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-9 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

9-13 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

13-17 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

17-21 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: _____

21-25 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: _____

25-30 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/strength-exercises/

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/chair-wall-strength-30-min-s11/

SESSION SHEET S12 / REGULAR-ACTIVITY PRACTICE

30-minute chair & wall strength + supported balance

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-9 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

9-13 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

13-17 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

17-21 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: _____

21-25 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

25-30 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.

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Sources & illustrated movement guidance

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

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

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/chair-wall-strength-30-min-s12/

SESSION SHEET S13 / GENTLE STARTING DOSE

10-minute gentle mobility

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Seated alternating march

1 set of 5 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: _____

4-6 min | Seated ankle movement

1 set of 5 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: _____

6-8 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: _____

8-10 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-10-min-s13/

SESSION SHEET S14 / REGULAR-ACTIVITY PRACTICE

10-minute gentle mobility

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Seated alternating march

1 set 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: _____

4-6 min | Seated ankle movement

1 set 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: _____

6-8 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: _____

8-10 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-10-min-s14/

SESSION SHEET S15 / GENTLE STARTING DOSE

10-minute gentle mobility + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Seated alternating march

1 set of 5 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: _____

4-6 min | Seated ankle movement

1 set of 5 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: _____

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-10-min-s15/

SESSION SHEET S16 / REGULAR-ACTIVITY PRACTICE

10-minute gentle mobility + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-4 min | Seated alternating march

1 set 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: _____

4-6 min | Seated ankle movement

1 set 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: _____

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-10-min-s16/

SESSION SHEET S17 / REGULAR-ACTIVITY PRACTICE

15-minute gentle mobility + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 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: _____

6-9 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: _____

9-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-15-min-s17/

SESSION SHEET S18 / GENTLE STARTING DOSE

15-minute gentle mobility + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Seated alternating march

1 set of 5 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: _____

6-9 min | Seated ankle movement

1 set of 5 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: _____

9-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-15-min-s18/

SESSION SHEET S19 / GENTLE STARTING DOSE

15-minute gentle mobility

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 min | Seated alternating march

1 set of 5 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: _____

6-9 min | Seated ankle movement

1 set of 5 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: _____

9-12 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: _____

12-15 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-15-min-s19/

SESSION SHEET S20 / REGULAR-ACTIVITY PRACTICE

15-minute gentle mobility

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-6 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: _____

6-9 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: _____

9-12 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: _____

12-15 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-15-min-s20/

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/

SESSION SHEET S22 / REGULAR-ACTIVITY PRACTICE

20-minute gentle mobility + supported balance

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 | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

[ ] 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-20-min-s22/

SESSION SHEET S23 / REGULAR-ACTIVITY PRACTICE

30-minute gentle mobility + supported balance

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-9 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: _____

9-13 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: _____

13-17 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: _____

17-21 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: _____

21-25 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

25-30 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/

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/gentle-mobility-30-min-s23/

SESSION SHEET S24 / REGULAR-ACTIVITY PRACTICE

30-minute gentle mobility

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-9 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: _____

9-13 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: _____

13-17 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: _____

17-21 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: _____

21-25 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: _____

25-30 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-30-min-s24/

SESSION SHEET S25 / REGULAR-ACTIVITY PRACTICE

10-minute light-weight strength

Standing and chair-supported movement | 10 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 chair, clear wall, level space and light hand weights.

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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Light seated biceps curl

1 set of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

8-10 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/light-weight-strength-10-min-s25/

SESSION SHEET S26 / GENTLE STARTING DOSE

10-minute light-weight strength

Standing and chair-supported movement | 10 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 chair, clear wall, level space and light hand weights.

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.

0-2 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: _____

2-4 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

4-6 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

6-8 min | Light seated biceps curl

1 set of 5 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

8-10 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/light-weight-strength-10-min-s26/

SESSION SHEET S27 / REGULAR-ACTIVITY PRACTICE

15-minute light-weight strength

Standing and chair-supported movement | 15 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 chair, clear wall, level space and light hand weights.

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.

0-3 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: _____

3-6 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Light seated biceps curl

2 sets of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

12-15 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/light-weight-strength-15-min-s27/

SESSION SHEET S28 / GENTLE STARTING DOSE

15-minute light-weight strength

Standing and chair-supported movement | 15 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 chair, clear wall, level space and light hand weights.

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.

0-3 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: _____

3-6 min | Chair sit-to-stand

1 set of 5 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

6-9 min | Wall press-up

1 set of 5 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

9-12 min | Light seated biceps curl

1 set of 5 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

12-15 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/strength-exercises/

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/light-weight-strength-15-min-s28/

SESSION SHEET S29 / REGULAR-ACTIVITY PRACTICE

20-minute light-weight strength

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 chair, clear wall, level space and light hand weights.

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 | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

7-10 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

10-13 min | Light seated biceps curl

2 sets of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

13-16 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: _____

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/strength-exercises/

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/light-weight-strength-20-min-s29/

SESSION SHEET S30 / REGULAR-ACTIVITY PRACTICE

30-minute light-weight strength

Standing and chair-supported movement | 30 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 chair, clear wall, level space and light hand weights.

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.

0-5 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: _____

5-9 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

9-13 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

13-17 min | Supported calf raise

2 sets of 8 slow repetitions

Hold a stable support. Lift both heels gently, then lower with control.

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 lift.

Avoid: Do not bounce or remove the support.

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

17-21 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: _____

21-25 min | Light seated biceps curl

2 sets of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

25-30 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/strength-exercises/

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/light-weight-strength-30-min-s30/

SESSION SHEET S31 / REGULAR-ACTIVITY PRACTICE

30-minute light-weight strength

Standing and chair-supported movement | 30 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 chair, clear wall, level space and light hand weights.

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.

0-5 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: _____

5-9 min | Chair sit-to-stand

2 sets of 8 slow repetitions

Sit on a steady chair, feet planted. Lean forward slightly, stand, then lower slowly.

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: Use your hands to help; use a comfortable higher seat.

Avoid: Do not drop into the seat or force painful knees.

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

9-13 min | Wall press-up

2 sets of 8 slow repetitions

Face a wall with palms at chest height. Bend your elbows to approach it, then press away.

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: Stand closer to the wall.

Avoid: Do not hold your breath or let your trunk sag.

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

13-17 min | Light seated biceps curl

2 sets of 8 slow repetitions

Sit upright, holding light weights at your sides. Bend your elbows, then lower slowly.

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: Use lighter weights or practise without weight.

Avoid: Do not swing the weights.

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

17-21 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: _____

21-25 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: _____

25-30 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/strength-exercises/

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/light-weight-strength-30-min-s31/

SESSION SHEET S32 / GENTLE STARTING DOSE

10-minute seated mobility

Seated throughout | 10 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 with feet supported.

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.

0-2 min | Ease in

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

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

2-4 min | Seated alternating march

1 set of 5 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: _____

4-6 min | Seated ankle movement

1 set of 5 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: _____

6-8 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: _____

8-10 min | Finish gently

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-10-min-s32/

SESSION SHEET S33 / REGULAR-ACTIVITY PRACTICE

10-minute seated mobility

Seated throughout | 10 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 with feet supported.

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.

0-2 min | Ease in

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

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

2-4 min | Seated alternating march

1 set 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: _____

4-6 min | Seated ankle movement

1 set 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: _____

6-8 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: _____

8-10 min | Finish gently

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-10-min-s33/

SESSION SHEET S34 / REGULAR-ACTIVITY PRACTICE

15-minute seated mobility

Seated throughout | 15 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 with feet supported.

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.

0-3 min | Ease in

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

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

3-6 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: _____

6-9 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: _____

9-12 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: _____

12-15 min | Finish gently

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-15-min-s34/

SESSION SHEET S35 / GENTLE STARTING DOSE

15-minute seated mobility

Seated throughout | 15 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 with feet supported.

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.

0-3 min | Ease in

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

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

3-6 min | Seated alternating march

1 set of 5 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: _____

6-9 min | Seated ankle movement

1 set of 5 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: _____

9-12 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: _____

12-15 min | Finish gently

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-15-min-s35/

SESSION SHEET S36 / REGULAR-ACTIVITY PRACTICE

20-minute seated mobility

Seated throughout | 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 with feet supported.

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

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

[ ] 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

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-20-min-s36/

SESSION SHEET S37 / REGULAR-ACTIVITY PRACTICE

30-minute seated mobility

Seated throughout | 30 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 with feet supported.

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.

0-5 min | Ease in

Sit in a stable, non-wheeled chair with feet supported. Alternate small foot lifts and relaxed shoulder movements, with pauses. Keep it very easy.

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

5-9 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: _____

9-13 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: _____

13-17 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: _____

17-21 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: _____

21-25 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: _____

25-30 min | Finish gently

Stay seated and let your breathing settle. Use small comfortable ankle movements, then relax.

[ ] 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/seated-mobility-30-min-s37/

SESSION SHEET S38 / REGULAR-ACTIVITY PRACTICE

10-minute steady walking + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-6 min | Steady walking

Walk steadily for 4 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-10-min-s38/

SESSION SHEET S39 / REGULAR-ACTIVITY PRACTICE

10-minute steady walking

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-8 min | Steady walking

Walk steadily for 6 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

8-10 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.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-10-min-s39/

SESSION SHEET S40 / REGULAR-ACTIVITY PRACTICE

15-minute steady walking

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-12 min | Steady walking

Walk steadily for 9 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

12-15 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.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-15-min-s40/

SESSION SHEET S41 / REGULAR-ACTIVITY PRACTICE

15-minute steady walking + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-10 min | Steady walking

Walk steadily for 7 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

10-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-15-min-s41/

SESSION SHEET S42 / REGULAR-ACTIVITY PRACTICE

20-minute steady walking + supported balance

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: _____

4-14 min | Steady walking

Walk steadily for 10 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

14-16 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

[ ] 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.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-20-min-s42/

SESSION SHEET S43 / REGULAR-ACTIVITY PRACTICE

20-minute steady walking

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: _____

4-16 min | Steady walking

Walk steadily for 12 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

[ ] 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.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-20-min-s43/

SESSION SHEET S44 / REGULAR-ACTIVITY PRACTICE

30-minute steady walking

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-25 min | Steady walking

Walk steadily for 20 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

25-30 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.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-30-min-s44/

SESSION SHEET S45 / REGULAR-ACTIVITY PRACTICE

30-minute steady walking + supported balance

Standing and chair-supported movement | 30 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.

0-5 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: _____

5-23 min | Steady walking

Walk steadily for 18 minutes on a level route. Use a pace where you can talk but would find singing difficult. Slow down or take a break whenever needed.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

23-25 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

25-30 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.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/steady-walking-30-min-s45/

SESSION SHEET S46 / GENTLE STARTING DOSE

10-minute walk & recover

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-8 min | Walk and recover

Alternate 1 minute of comfortable walking with 1 minute of slower walking or seated rest. Complete 3 cycles. Stay able to speak in full sentences.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

8-10 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.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/walk-recover-10-min-s46/

SESSION SHEET S47 / GENTLE STARTING DOSE

10-minute walk & recover + supported balance

Standing and chair-supported movement | 10 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.

0-2 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: _____

2-6 min | Walk and recover

Alternate 1 minute of comfortable walking with 1 minute of slower walking or seated rest. Complete 2 cycles. Stay able to speak in full sentences.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

6-8 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

8-10 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.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/walk-recover-10-min-s47/

SESSION SHEET S48 / GENTLE STARTING DOSE

15-minute walk & recover

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-12 min | Walk and recover

Alternate 1 minute of comfortable walking with 1 minute of slower walking or seated rest. Complete 4 cycles and finish with 1 easy minute. Stay able to speak in full sentences.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

12-15 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.

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Sources & illustrated movement guidance

https://www.cdc.gov/physical-activity-basics/measuring/index.html

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/walk-recover-15-min-s48/

SESSION SHEET S49 / GENTLE STARTING DOSE

15-minute walk & recover + supported balance

Standing and chair-supported movement | 15 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.

0-3 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: _____

3-10 min | Walk and recover

Alternate 1 minute of comfortable walking with 1 minute of slower walking or seated rest. Complete 3 cycles and finish with 1 easy minute. Stay able to speak in full sentences.

Easier: Use a shorter indoor route and take more seated breaks within this block.

Avoid: Avoid running, steep hills, heat and pushing through pain. No speed or step target is required.

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

10-12 min | Supported sideways steps

5 small steps each way; rest, then repeat once if comfortable

Beside a fixed counter or stable chair that cannot slide, step sideways, then bring the other foot alongside. Keep support within reach; reverse direction.

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: Take smaller steps with both hands close to support.

Avoid: Do not cross your feet or use a rolling support.

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

12-15 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.

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Sources & illustrated movement guidance

https://www.cdc.gov/physical-activity-basics/measuring/index.html

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

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

Sheet page and related KYH videos: https://knowledgeyourhealth.com/routine-sheets/walk-recover-15-min-s49/