

Move More: A Simple Weekly Plan

Practical tips you can use today. Share this with your family and bring questions to your visit.

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Telehealth-friendly

Easy to print

Educational only

The goal

You do not need perfect workouts. You need repeatable movement that fits your schedule and your joints.

- Start where you are. Add 5-10 minutes at a time.
- Pain is a stop sign. Discomfort is a signal to slow down.
- Consistency beats intensity.

A simple weekly plan

- **3 days:** 20-30 min brisk walk (or bike / low-impact cardio).
- **2 days:** 15-20 min strength (bodyweight or bands).
- **Daily:** 5 min mobility (neck/shoulders/hips/ankles).

Strength moves (no equipment)

- Sit-to-stand from a chair (3 sets of 8-12).
- Wall push-ups (3 sets of 8-12).
- Glute bridges (3 sets of 10-15).
- Standing calf raises (3 sets of 10-15).

If you get short of breath

- Use the “talk test”: you should be able to speak in short sentences.
- If you cannot talk, slow down. If you cannot catch your breath, stop.
- If shortness of breath is new/worsening, contact your clinic.

Make it stick

Pick a trigger you already do and attach movement to it.

- After coffee: 5-minute walk.
- After lunch: stretch calves/hips for 3 minutes.
- During TV: stand up every commercial break.

Disclaimer: This guide is educational and does not replace personalized medical advice. If you have chest pain, trouble breathing, severe symptoms, or feel unsafe, call 911 or go to the nearest emergency room.