

5-Minute Movement Plan

Objective: A quick, structured approach to integrating movement into daily recovery routines.

Instructions: Choose one or more of the exercises below for 5 minutes each day. Gradually increase movement over time.

- ☐ Stretching (Neck, shoulders, arms, legs) _____
- ☐ Walking or light jogging in place _____
- ☐ Chair exercises (for accessibility) _____
- ☐ Simple yoga poses (e.g., child's pose, downward dog) _____
- ☐ Deep breathing paired with movement (inhale, reach up; exhale, bend down) _____

Reflection:

How do you feel before vs. after movement?

Did this exercise help with focus, mood, or energy?

Seated Exercises (For Limited Mobility)

Standing Exercises (For Moderate Activity)

Higher-Intensity Exercises (Active)