

PRINTABLE ROUTINE

4-Week Steadier at Home Routine

A simple home routine for posture, balance, and safer walking — with gentler options for different starting points.

How to use this routine

Choose the safest starting plan first. When in doubt, begin with the gentler option.

Keep sessions calm and repeatable. This is not meant to feel intense or exhausting.

Use nearby support such as a sturdy chair, wall, or kitchen counter whenever needed.

Safety note

Stop and seek professional guidance if exercise causes chest pain, fainting, severe dizziness, sudden weakness, unusual shortness of breath, severe pain, or a feeling that you may fall.

If you have had recent unexplained falls, major balance problems, or a condition that makes activity safety uncertain, talk with a doctor or physical therapist before starting.

Starting plan	Best for	Main focus
Plan A	Walks independently and tolerates light standing exercise	Focus on posture, balance, leg strength, and steadier walking
Plan B	Has pain, stiffness, weakness, arthritis, old injuries, or lower confidence	Focus on gentler supported movement and safer walking practice
Plan C	May need medical clearance, physical therapy input, or supervision first	Safety first. Use only clinician-approved activity or a supported seated plan

This printable is for general educational use only and is not medical advice.

Plan A: 4-Week Routine

Week 1

Goal: Learn the movements and stay controlled.

Do: 4 days this week

1. Posture reset — 3 rounds of 10 to 20 seconds
2. Sit-to-stands — 5 repetitions
3. Supported marching — 10 total marches
4. Weight shifts — 10 side-to-side shifts
5. Short walk — 3 to 5 minutes

Reminder: Use a sturdy chair and stay near support when needed.

Week 2

Goal: Build familiarity and confidence.

Do: 4 to 5 days this week

1. Posture reset — 3 rounds
2. Sit-to-stands — 6 to 8 repetitions
3. Supported marching — 12 to 16 total marches
4. Weight shifts — 12 shifts
5. Short walk — 5 to 7 minutes

Focus cue: Stand tall. Look ahead. Slow down before turns.

Plan A: 4-Week Routine (continued)

Week 3

Goal: Improve smoothness and consistency.

Do: 4 to 5 days this week

1. Posture reset — 3 rounds
2. Sit-to-stands — 8 to 10 repetitions
3. Supported marching — 16 to 20 total marches
4. Weight shifts — 12 to 16 shifts
5. Short walk — 6 to 8 minutes

Optional: Add a few seconds of narrow-stance standing near a counter.

Week 4

Goal: Repeat steadily and notice progress.

Do: 4 to 5 days this week

1. Posture reset — 3 rounds
2. Sit-to-stands — 10 repetitions
3. Supported marching — 20 total marches
4. Weight shifts — 16 shifts
5. Short walk — 8 to 10 minutes

Progress check: Does getting up, turning, or walking feel smoother than week 1?

Plan B: 4-Week Routine

Week 1

Goal: Start gently and build confidence.

Do: 4 to 6 days this week

1. Seated posture reset — 3 rounds of 10 to 15 seconds
2. Seated marching — 10 total marches
3. Mini sit-to-stands or partial rises — 3 to 5 repetitions
4. Counter-supported standing — 20 to 30 seconds
5. Very short walk — 1 to 3 minutes

Reminder: Smaller movements are fine.

Week 2

Goal: Repeat gently and stay consistent.

Do: 4 to 6 days this week

1. Seated posture reset — 3 rounds
2. Seated marching — 12 to 16 total marches
3. Mini sit-to-stands — 4 to 6 repetitions
4. Counter-supported weight shifts — 8 to 10 shifts
5. Very short walk — 2 to 4 minutes

Focus cue: Move slowly. Use support. Rest before fatigue builds up.

Plan B: 4-Week Routine (continued)

Week 3

Goal: Improve comfort with supported movement.

Do: 4 to 6 days this week

1. Seated posture reset — 3 rounds
2. Seated marching — 16 to 20 total marches
3. Mini sit-to-stands — 5 to 6 repetitions
4. Counter-supported standing or heel raises — brief sets
5. Short walk — 3 to 5 minutes

Optional: Break the routine into two short sessions.

Week 4

Goal: Build steadier daily movement.

Do: 4 to 6 days this week

1. Seated posture reset — 3 rounds
2. Seated marching — 20 total marches
3. Mini sit-to-stands — 6 to 8 repetitions
4. Counter-supported weight shifts — 10 to 12 shifts
5. Short walk — 4 to 6 minutes

Progress check: Do you feel a little steadier or more confident moving around the house?

Plan C + Weekly Tracker

Plan C may fit you if you have

Recent unexplained falls

Chest pain with activity

Severe dizziness or fainting

Major balance problems

Severe joint pain

Significant foot numbness

Strong fear of falling or movement that feels clearly unsafe

Better first steps for Plan C

Ask your doctor or physical therapist what kind of movement is safe for you right now.

Begin only with approved seated movement if appropriate.

Review footwear, lighting, clutter, and home tripping hazards.

Consider supervised fall-prevention or therapy support instead of self-directed exercise.

Encouraging note: Needing extra help does not mean you have failed. It means your starting point should match your current needs.

Day	Plan	Exercises completed	Walking time	Confidence (1–5)	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Saturday					
Sunday					

Quick safety checklist

Wear stable shoes or practice on a non-slip surface.

Keep a sturdy chair or counter nearby.

Clear loose rugs, cords, and clutter from the floor.

Shorten the session or stop if you feel unsafe, unusually breathless, or too fatigued.

Educational use only. For major balance problems, recent falls, chest pain, fainting, severe dizziness, or strong fear of falling, get professional guidance before starting.