

7-Day Gentle Restart

GUIDE

Refresh Your Body

Reset Your Mind

Renew Your Spirit

7-Day Gentle Restart Guide

A Safe and Structured Way to Begin Moving Again

Seniors Fitness Circle™

Stay Active. Stay Strong. Stay Independent.

SeniorsFitnessCircle.com

For Adults Who Want to Rebuild Strength, Balance, and Confidence —
Gently.

Welcome

If you haven't exercised in years... you are not behind.

If you feel stiff, unsteady, or unsure where to begin... you are not alone.

And if most fitness advice feels rushed or designed for younger bodies... you are absolutely right.

This 7-Day Gentle Restart Guide was created for one purpose:

To help you begin again safely.

Not intensely.

Not aggressively.

Not perfectly.

Just calmly and consistently.

Each day takes about 10–15 minutes.

You do not need:

- A gym
- Floor exercises
- Special equipment
- Previous experience

You only need:

- A sturdy chair (no wheels)
- Comfortable clothing
- A wall or counter nearby for support

Move slowly. Stay near support. Stop if you feel sharp pain.

Let this week be about rebuilding trust in your body.

Small steps create stability.

Before You Begin – Safety First

Please read this section carefully.

- ✓ Use a sturdy chair without wheels.
- ✓ Place the chair on a non-slip surface.
- ✓ Keep a wall, counter, or table nearby for balance support.
- ✓ Move slowly and with control.
- ✓ Breathe normally — do not hold your breath.
- ✓ Mild muscle fatigue is normal. Sharp pain is not.
- ✓ If you have a medical condition, consult your healthcare provider before beginning.

This is not about pushing yourself.

This is about restarting gently.

Day 1 – Reconnect With Posture & Breathing

Focus: Awareness and alignment.

Seated Posture Reset (1 minute)



1. Sit in a sturdy chair with your feet flat on the floor, hip-width apart.
2. Rest your hands on your thighs. Let your shoulders drop away from your ears and release tension in your neck.
3. Bring your chin to floor level, not tilted up or down. Imagine a string lifting the crown of your head toward the ceiling.
4. Lengthen your spine without forcing or arching your back.
5. Breathe naturally.

If you feel discomfort, ease back to a comfortable position. This is about finding your natural alignment, not creating strain.

Shoulder Rolls (10 slow repetitions)



1. Remain seated with your feet flat and hands on your thighs.
2. Lift both shoulders toward your ears, then slowly roll them back, down, and forward in a smooth circle.
3. Move at a pace where you can feel each part of the movement.
4. Breathe normally and do not hold your breath.
5. Keep your neck relaxed and your head still.

If you feel pinching or sharp pain, reduce the size of the circles or stop. The goal is gentle mobility, not a full range of motion.

Seated March (1 minute)



1. Stay seated in your sturdy chair with your back supported.
2. Keep one hand on the armrest or seat for balance if needed.
3. Slowly lift your left knee a few inches off the chair, then lower it with control.
4. Repeat with your right knee. Alternate at a comfortable, steady pace, and don't rush.
5. Breathe naturally as you move.
6. Keep the lifts small and controlled.

If lifting your knee feels unstable, press your foot into the floor and lift only your heel. Stop if you feel dizzy or unsteady.

Deep Breathing (5 slow breaths)



1. Sit comfortably with your feet flat and your hands on your belly or thighs.
2. Close your eyes if comfortable, or keep a soft gaze downward.
3. Breathe in slowly through your nose for a count of three or four, feeling your belly and chest expand.
4. Pause briefly at the top of the breath.
5. Exhale slowly through your mouth for a count of four or five, releasing tension. Let each breath be smooth and unhurried.

If breathing through your nose is difficult, breathe through your mouth. Focus on making each breath slow, steady, and calming.

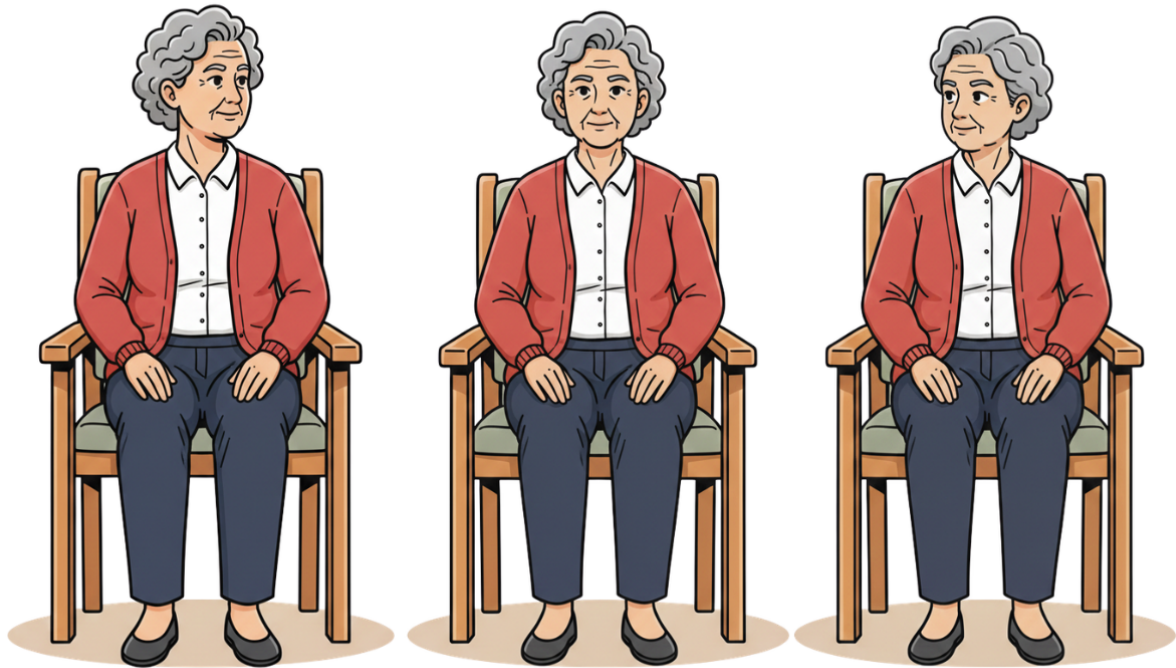
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Reminder: Today is about awareness, not intensity.

Day 2 – Gentle Mobility

Focus: Loosen stiffness safely.

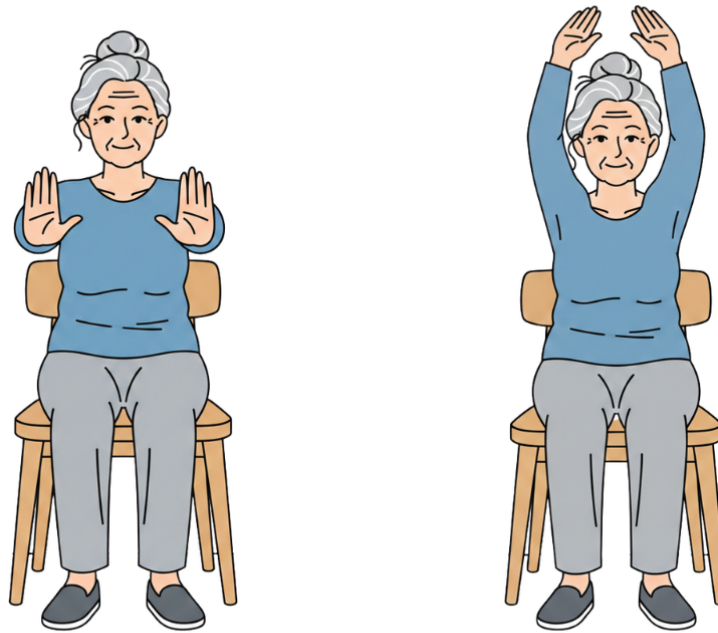
Neck Turns (5 each direction)



1. Sit in a sturdy chair with your feet flat on the floor and your hands resting on your thighs.
2. Keep your shoulders relaxed and level throughout the movement.
3. Slowly turn your head to look over your right shoulder as far as is comfortable, without forcing or straining.
4. Breathe naturally and try not to hold your breath while you turn.
5. Hold the position for a moment, then slowly return your head to the centre.
6. Repeat the movement to the left side.
7. Move smoothly and with control. Try to avoid any jerky or quick movements.

If you feel any sharp pain, dizziness, or unusual sensations, stop immediately and return to the centre.

Arm Reach Overhead (5 slow repetitions)



1. Sit upright in your chair with your feet flat and hip-width apart.
2. Rest one hand on the armrest or seat for balance if needed.
3. Begin with both arms relaxed at your sides.
4. Slowly raise both arms forward and upward toward the ceiling, only as high as feels comfortable without pain.
5. Breathe in as you lift your arms, and breathe out as you lower them.
6. Keep your shoulders relaxed and avoid lifting them up toward your ears.

If raising both arms feels uncomfortable, raise one arm at a time instead. Stop if you feel shoulder pain, dizziness, or shortness of breath, and lower your arms gently.

Seated Leg Extension (5 each leg)



1. Sit near the front edge of your chair with your back straight and both feet flat on the floor.
2. Hold the sides of the chair seat for stability and support.
3. Slowly straighten your right leg, extending it forward until your knee is straight or nearly straight.
4. You can keep your foot flexed or relaxed, depending on what feels more comfortable.
5. Breathe out as you extend your leg, and breathe in as you lower it back down with control.
6. Keep the movement slow and steady. Try not to kick or swing your leg.
7. Repeat five times with your right leg, then switch to your left leg.

If straightening your leg fully causes knee pain, only extend partway or skip this movement.

Ankle Circles (5 each direction per foot)



1. Remain seated with your back supported and one hand holding the chair for balance.
2. Lift your right foot slightly off the floor, just a few inches.
3. Slowly rotate your ankle in a circular motion, moving clockwise for five circles.
4. Breathe naturally and keep the circles smooth and controlled.
5. Then rotate your ankle counterclockwise for five circles.
6. Lower your right foot and repeat the same sequence with your left foot.
7. Keep the movement small and gentle. The goal is to focus on mobility, not speed or range.

If you feel unsteady, keep your foot on the floor and simply point and flex your toes instead.

✓ Completed Today: ☐

Reminder: Move slowly. Mobility improves gradually.

Day 3 – Light Strength Activation

Focus: Wake up stabilizing muscles.

Sit-to-Stand (5 repetitions)



1. Sit toward the front of a sturdy chair with your feet flat on the floor, hip-width apart.
2. Place your hands on the armrests or on your thighs for support.
3. Lean forward a little at your hips so your nose lines up over your toes.
4. Take a breath in to get ready, then breathe out as you push through your feet and slowly stand up.
5. Stand up straight by fully straightening your legs, but keep your knees soft, not locked.
6. Pause for a moment while standing to make sure you feel balanced.
7. Breathe in as you slowly sit back down with control, using your hands for support if you need to.

8. Try not to drop or plop into the chair. Lower yourself gently until you are seated.

If standing all the way up is too hard, try leaning forward and lifting partway off the chair, then sit back down. Stop if you feel dizzy, unsteady, or have sharp pain in your knees or hips.

Wall Push (8 repetitions)

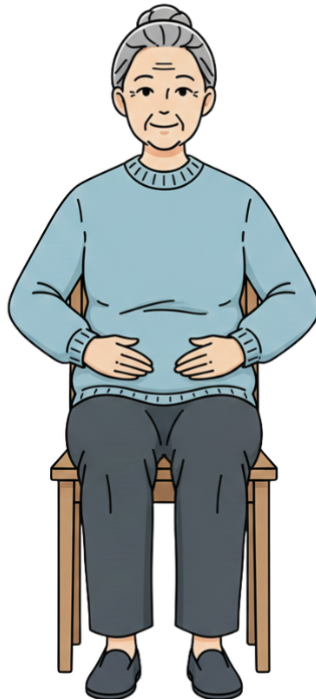


1. Stand facing a sturdy wall, about arm's length away, with your feet hip-width apart.
2. Place both palms flat against the wall at shoulder height, shoulder-width apart.
3. Keep your feet firmly on the floor and don't let them slide.
4. Breathe in as you slowly bend your elbows, leaning your body toward the wall in a controlled manner.
5. Keep your body straight from your head to your heels. Don't let your hips sag or stick out.

6. Only lean as far forward as feels comfortable and stable.
7. Breathe out as you press through your palms to push yourself back to the starting position.
8. Move slowly and with control. Try not to jerk or rush.

If you feel wrist discomfort, adjust your hand position or place your hands higher on the wall. Stop if you feel sharp pain, dizziness, or loss of balance.

Seated Core Brace (5 slow holds)



1. Sit upright in a sturdy chair with your feet flat on the floor and your back supported.
2. Rest your hands gently on your belly or on your thighs.
3. Breathe normally and relax your shoulders.
4. Gently pull your belly button in toward your spine, like you're getting ready for someone to tap your stomach.

5. Hold this gentle squeeze for five slow seconds and keep breathing normally. Don't hold your breath. The bracing should feel firm but not strained. You should still be able to talk comfortably.
6. Release the contraction and breathe naturally for a few seconds before repeating. Don't suck in your belly or hold your breath. This is a gentle movement, not a hard squeeze.

If you feel tension in your neck or shoulders, soften the effort and focus only on your abdominal area. Stop if you feel lightheaded or uncomfortable.

✓ Completed Today: ☐

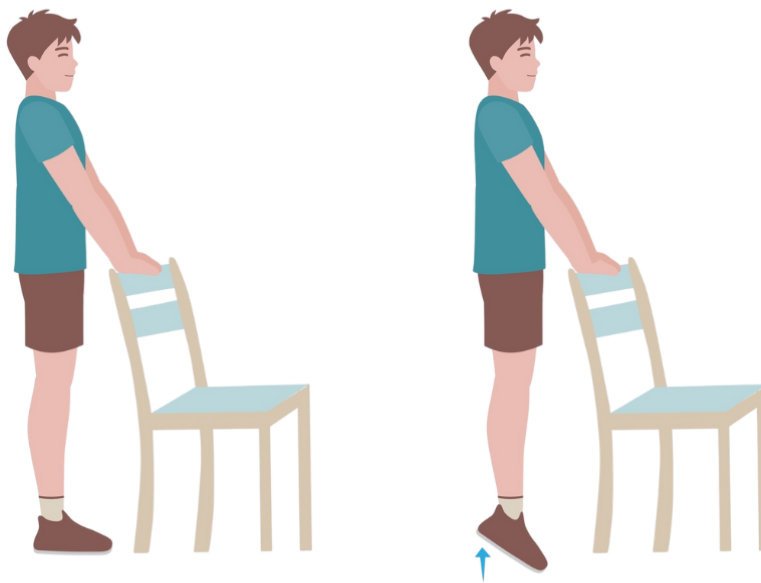
Reminder: Strength develops quietly through consistency.

Day 4 – Gentle Balance Awareness

Focus: Controlled stability.

Stand near a counter or wall.

Supported Heel Raise (8 repetitions)



1. Stand with your feet hip-width apart and face a sturdy counter, wall, or solid chair.
2. Place both hands on the support in front of you for balance.
3. Keep your knees straight but not locked, and gently tighten your leg muscles.
4. Breathe in, then breathe out as you slowly lift your heels off the floor and rise onto the balls of your feet.
5. Lift only as high as feels comfortable and steady. A small lift works well.
6. Keep your weight even on both feet and avoid rolling to the outside edges.
7. Pause at the top, then breathe in as you slowly lower your heels back down with control.

8. Keep your hands on the support at all times and do not let go.

If you feel unsteady or your calves cramp, lower your heels right away and take a break. Do not lean forward or hold the support too tightly. Use it for balance, not to pull yourself up.

Supported Side Leg Lift (5 each side)



1. Stand sideways next to a sturdy counter or wall and rest your right hand on it for balance.
2. Place your feet hip-width apart with your weight evenly distributed.
3. Stand tall with relaxed shoulders and your core gently engaged.
4. Breathe out as you slowly lift your left leg to the side, keeping your toes pointing forward.
5. Lift only a few inches off the floor. This is a small, controlled movement, not a high kick.
6. Keep your standing leg slightly bent and do not lean your upper body to the right.

7. Hold the lifted position briefly, then breathe in as you slowly lower your leg back to the starting position.
8. Repeat five times on the left leg, then turn around and perform five lifts with your right leg.
9. Keep your hand on the support and move slowly to maintain balance.

If you feel unsteady, lower the lift or shift your weight to one side without lifting your foot off the floor.

Standing Weight Shift (10 shifts)



1. Stand facing a sturdy chair with both hands resting lightly on the support.
2. Place your feet hip-width apart with your knees slightly bent.
3. Keep your upper body upright and your shoulders relaxed during the movement.

4. Breathe naturally and slowly shift your weight onto your right foot, letting your left foot feel lighter on the floor.
5. You can lift your left heel slightly or keep both feet flat, whichever feels more stable.
6. Pause for a moment, feeling your balance centered over your right leg.
7. Then shift your weight onto your left foot, allowing your right foot to feel lighter.
8. Continue shifting your weight from right to left in a slow, controlled rhythm.
9. Keep your hands on the support for stability and do not rush the movement.

If you feel dizzy or unsteady at any point, stop the movement, hold the support firmly, and stand with your weight evenly distributed until you feel stable again.

✓ Completed Today: ☐

Reminder: Balance improves with control, not speed.

Day 5 – Coordination & Control

Focus: Improve body awareness.

Seated Arm & Leg Reach (5 each side)



1. Sit upright in a sturdy chair with your feet flat on the floor, hip-width apart.
2. Sit slightly forward from the backrest to give yourself room to move, but keep your back straight.
3. Rest your hands on your thighs to begin.
4. Breathe in, then breathe out as you slowly extend your right arm forward and upward while straightening your left leg in front of you.
5. Reach only as far as feels comfortable and controlled. You do not need to fully straighten either limb.
6. Keep your movements slow and deliberate. Focus on coordinating the opposite arm and leg.
7. Pause briefly at the end of the reach. Breathe in as you slowly lower your arm and leg back to the starting position.

8. Repeat the movement five times on this side. Then switch to your left arm and right leg for five repetitions.

If coordinating opposite limbs feels confusing, practice moving just your arm first. Then try just your leg before combining them. Avoid twisting your torso or leaning to one side. Keep your body centered and stable throughout the movement.

Slow March Standing (10 total)

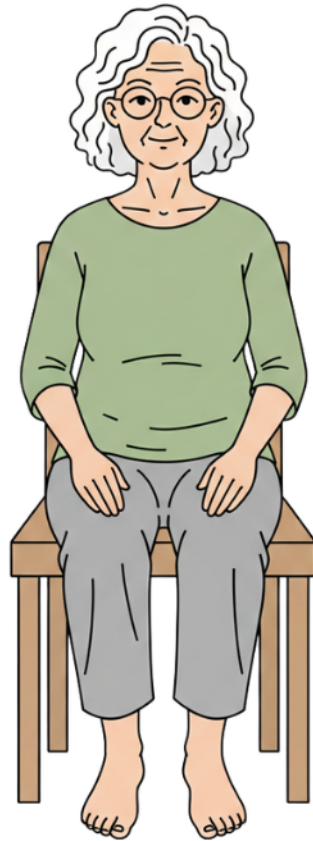


1. Stand facing a sturdy counter, wall, or the back of a solid chair. Rest both hands on the support surface.
2. Position your feet hip-width apart with your weight evenly distributed.
3. Stand tall with your shoulders relaxed and your core gently engaged.
4. Breathe naturally and slowly lift your right knee a few inches off the floor. Bring your thigh toward your chest.

5. Keep the lift small and controlled. You do not need to lift your knee high.
6. Hold the lifted position briefly, maintaining your balance with support from your hands.
7. Slowly lower your right foot back to the floor with control.
8. Repeat the movement with your left knee.
9. Continue alternating legs for a total of ten lifts, five on each side.
Move at a slow, steady pace.

Keep both hands on the support throughout the exercise. Avoid leaning forward or backward. Stay upright and centered over your standing leg.

Posture Reset (1 minute)



1. Sit in a sturdy chair with your feet flat on the floor, hip-width apart.
2. Rest your hands on your thighs or let them hang at your sides.
3. Let your shoulders drop away from your ears and release any tension in your neck.
4. Bring your chin to floor level, neither tilted up nor tucked down.
5. Imagine a string lifting the crown of your head toward the ceiling, lengthening your spine naturally without forcing an arch in your lower back.
6. Breathe slowly and naturally, allowing your ribcage to expand with each inhale.
7. Sit quietly in this aligned position for one minute, noticing how your body feels.

If you feel any discomfort or tension, simply ease back to a more comfortable position. This is about reconnecting with your natural alignment and finding ease in your posture. It is not about holding a rigid position.

✓ Completed Today: ☐

Reminder: Small coordinated movements build confidence.

Day 6 – Gentle Flow

Focus: Combine movements calmly.

Move slowly through:

1 Minute Seated Posture

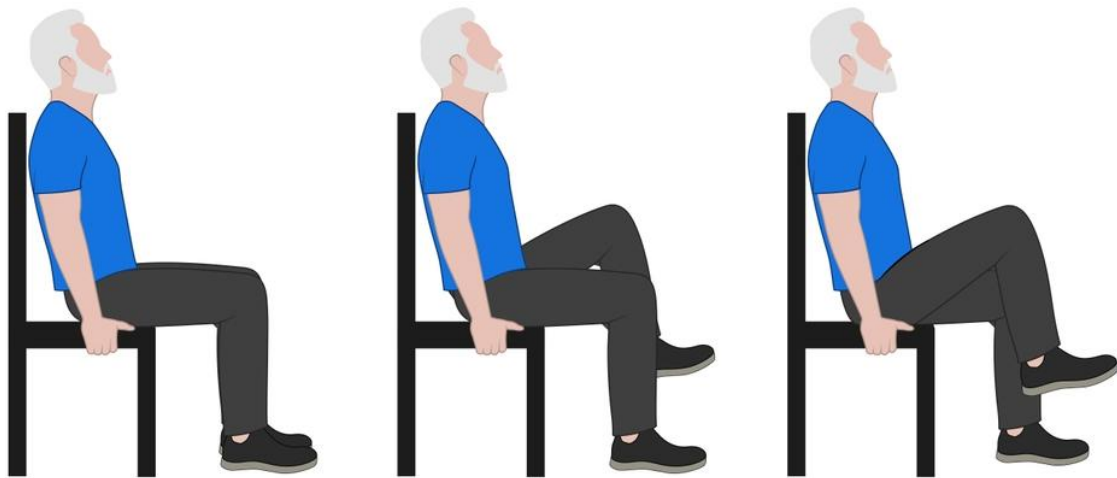


1. Sit in a sturdy chair with your feet flat on the floor and hip-width apart.
2. Rest your hands gently on your thighs and let your shoulders drop away from your ears.
3. Bring your chin to floor level and soften any tension in your neck and jaw.
4. Imagine a gentle string lifting the crown of your head toward the ceiling, lengthening your spine.
5. Lengthen upward without forcing an arch in your lower back. Find your natural alignment.
6. Breathe slowly and naturally, allowing your breath to flow in and out without effort.

7. Sit quietly in this aligned position for one minute, noticing your feet on the floor and the support of the chair beneath you.

If you feel any discomfort, simply adjust to a more comfortable position. This is a time to settle into your body and prepare for the movements ahead. When the minute is complete, take one more slow breath before moving to the next exercise.

1 Minute Seated March



1. Remain seated in your sturdy chair with your back supported and feet flat on the floor.
2. Keep one hand on the armrest or seat for balance if needed.
3. Breathe naturally and slowly lift your right knee a few inches off the chair.

4. Lower your right foot back down with control, then lift your left knee in the same manner.
5. Continue alternating legs at a steady pace. There is no need to rush.
6. Keep the lifts small and controlled, raising your knee only as high as feels comfortable.
7. If lifting your knee feels unstable, simply press your foot into the floor and lift only your heel.
8. Maintain an upright posture throughout the movement, avoiding forward or backward leaning.
9. Continue for one minute, breathing naturally and moving at a rhythm that feels sustainable.

Stop if you feel dizzy, short of breath, or unsteady, and rest until you feel ready to continue.

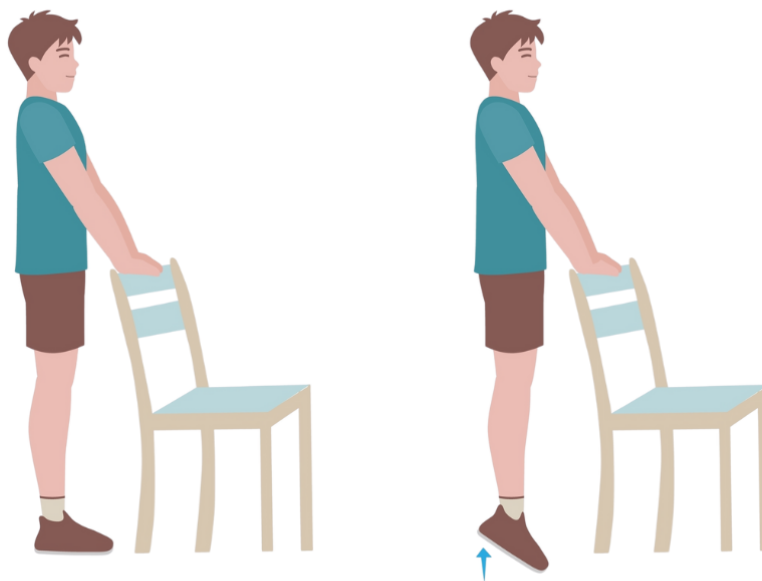
5 Sit-to-Stands



1. Sit toward the front of your sturdy chair with your feet flat on the floor and hip-width apart.
2. Place your hands on the armrests or on your thighs for support.
3. Lean forward slightly from your hips, bringing your nose over your toes.
4. Breathe in to prepare, then breathe out as you press through your feet to slowly stand up.
5. Straighten your legs fully, but don't lock your knees.
6. Pause briefly in the standing position to ensure you're balanced and stable.
7. Breathe in as you slowly lower yourself back to the chair with control, using your hands for support as needed.
8. Do not drop into the chair. Lower yourself gently until you are seated.
9. Repeat for a total of five sit-to-stand movements. Rest between repetitions if needed.

If standing fully feels too difficult, practice sitting forward and lifting partway off the chair, then lowering back down.

5 Heel Raises



1. Stand facing a sturdy counter, wall, or the back of a solid chair with your feet hip-width apart.
2. Place both hands on the support surface in front of you for balance and stability.
3. Keep your knees straight but not locked, and engage your leg muscles.
4. Breathe in to prepare, then breathe out as you slowly lift both heels off the floor, rising onto the balls of your feet.
5. Lift only as high as feels comfortable and controlled. A small lift is effective.
6. Keep your weight evenly distributed across both feet. Avoid rolling to the outside edges.

7. Pause briefly at the top, then breathe in as you slowly lower your heels back to the floor with control.
8. Repeat for a total of five heel raises. Keep your hands on the support throughout.

If you feel unsteady or experience calf cramping, lower your heels immediately and rest. Avoid leaning forward or gripping the support too tightly. Use it for balance, not to pull yourself up.

5 Side Leg Lifts (each side)



1. Stand sideways next to a sturdy counter or wall with your right hand resting on the support for balance.
2. Position your feet hip-width apart and your weight evenly distributed.
3. Stand tall with your shoulders relaxed and your core gently engaged.

4. Breathe out as you slowly lift your left leg out to the side, keeping your toes pointing forward.
5. Lift only a few inches off the floor. This is a small, controlled movement, not a high kick.
6. Keep your standing leg slightly bent and avoid leaning your upper body to the right.
7. Hold the lifted position briefly, then breathe in as you slowly lower your leg back to the starting position with control.
8. Repeat five times on the left leg, then turn around and perform five lifts with your right leg.

Keep your hand on the support at all times and move slowly to maintain balance. If you feel unsteady, lower the lift or shift your weight to one side without lifting your foot off the floor.

Repeat once if comfortable.

✓ Completed Today: ☐

Reminder: Flow creates familiarity and confidence.

Day 7 – Confidence Check

Focus: Reflection and reinforcement.

Repeat your favorite movements this week.

Then reflect:

What felt easier than Day 1?

Write one small improvement:

Confidence Level Today (1–5): ____

✓ Completed Today: ☐

Reminder: Progress may feel subtle. That is normal.

What You’ve Just Done

You restarted.

That matters.

In just 7 days, you have:

- ✓ Improved awareness
- ✓ Reintroduced gentle strength
- ✓ Practiced balance safely
- ✓ Begun rebuilding consistency

Most importantly, you proved something:

You can begin again.

Independence is built through repetition and structure.

Continue Building Independence

If you would like a clear, structured way to continue over the next 90 days, the next step is:

The 90-Day Independence Pathway Companion Toolkit™

It provides:

- 12 weekly structured phases
- Printable tracking pages
- Confidence assessments
- Progress reporting
- A completion certificate

Designed to help you stay steady, consistent, and independent.

You can explore the free system at:

SeniorsFitnessCircle.com/independence-system

Stay Active.

Stay Strong.

Stay Independent.

Seniors Fitness Circle™