



100-Day Travel Prep Wellness Plan

Getting Started

This 100-day plan is designed to help you prepare for travel with greater confidence, mobility, and endurance. You'll build strength, practice daily movements needed for travel, and simulate real-life challenges in manageable steps.

Daily Routine (15-40 mins total):

1. Transfer Practice (5-10 mins):
 - Sit-to-stand from chair (2-5 reps)
 - Side scoots (simulate car transfers)
 - Gentle knee lifts (5-10 reps per side)
2. Strength & Endurance (10-15 mins):
 - Arm weights
 - Hip marches (seated or standing)
 - Supported step-backs (mimic car transfers)
 - Walker-assisted walking or marching (increase slowly)
3. Stretch & Mobility (5-10 mins):
 - Shoulder rolls, neck circles, ankle pumps
 - Hamstring stretch (seated)
 - Seated hip circles

Weekly Real-Life Challenges:

Week 1: Practice getting in/out of a parked car 2-3 times

Week 2: Sit for 30 mins, then stand and move gently

Week 3: Walk a longer hallway or distance with walker

Week 4: Try sitting in a different chair (test comfort)

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Week 5+: Practice light packing, bathroom entry/exit

Travel-Specific Tips:

Car Prep:

- Use a firm cushion or folded towel for height
- Stretch every 1-2 hours
- Turn body as one unit to protect knees

Hotel Room Tips:

- Ask for extra pillows for support
- Light stretches before bed and upon waking
- Bring a portable grab bar if helpful

Mindset Reminder:

You are not training for perfection-you are training for resilience, ease, and self-trust. Every small movement is part of the bigger journey. Celebrate what your body CAN do.