

FREE SAMPLER

STRONG MORNING RESET

A free 5-day chair mobility sampler

Gentle movement. Clear progression.
A routine you can actually repeat.

MARA EVERLY

5-day edition

Movement guide • Educational program



Strong. Stylish. Still becoming.

Start safely

This guide is for general education and gentle movement. It is not medical advice, diagnosis, treatment, physical therapy, or a substitute for individual care.

Before you begin

Use a solid, stable chair without wheels. Place it on a non-slip surface; for sit-to-stand practice, put the chair against a wall. Wear stable footwear, keep water nearby, and leave clear space around you.

Check with a qualified health professional before starting if you are unsure whether these movements suit you, or if you have had a recent fall or surgery, unexplained dizziness, significant balance problems, severe osteoporosis, a joint replacement with movement restrictions, or a heart, lung, neurological, or other condition affected by exercise.

Stop immediately if you experience chest pain or pressure, faintness, severe or unusual shortness of breath, sudden weakness or numbness, loss of balance, or sharp/new/worsening pain. Seek appropriate medical help.

What should it feel like?

- Aim for easy-to-moderate effort: about 3-5 out of 10.
- A gentle stretch or normal muscle effort is acceptable; sharp pain is not.
- Move slowly enough that you can breathe continuously and remain in control.
- You should finish feeling the same or better - not depleted.

Pre-release notice

This is a polished educational draft. Before commercial sale, have the movement instructions reviewed by a qualified fitness professional or physical therapist and revise them for any intended clinical population.

Your five-day plan

Each session is deliberately short. Move through the letters in order and stop while you still feel capable.

DAY	SESSION	TARGET
1	A, B, F, G	8 minutes • easy
2	A, C, D, E	8-10 minutes
3	A, B, C, H	8-10 minutes
4	A, D, F, G	8-10 minutes
5	Choose your favorite 5	One calm circuit

The only goal

Finish five short sessions and learn which movements make your morning feel more usable.

Follow Mara

Find daily confidence, style and healthy-aging content at [@mara.everly.life](#) on Instagram and TikTok, and Mara Everly on Facebook.

The eight movements



START

FINISH

A Reset breathing

Settle your posture and begin without rushing.

1. Sit tall with both feet flat and hands resting comfortably.
2. Inhale gently through the nose; exhale slowly without forcing.
3. Let the shoulders stay relaxed and the ribs move naturally.

Dose: 5 slow breaths

Easier: Use the chair back for support.

Progress: Lengthen the exhale by one comfortable count.



START

FINISH

B Ankle pumps

Wake up the ankles after sitting.

1. Keep heels under the knees.
2. Lift the toes, lower them, then lift the heels.
3. Move slowly without rolling the ankles outward.

Dose: 10 cycles

Easier: Move one foot at a time.

Progress: Add 2 repetitions, up to 16.

The eight movements



START

FINISH

C Seated march

Build hip movement and gentle coordination.

1. Sit toward the front half of the chair and hold the sides if needed.
2. Lift one knee only as far as comfortable, then lower with control.
3. Alternate sides without leaning backward.

Dose: 6-10 each side

Easier: Make the lift smaller.

Progress: Pause for one count at the top.



START

FINISH

D Knee extension

Strengthen the front of the thigh through a comfortable range.

1. Sit tall with knees bent and feet flat.
2. Straighten one knee without locking it hard.
3. Lower slowly, then change sides.

Dose: 6-10 each side

Easier: Use a smaller range.

Progress: Hold the straightened position for 2 counts.

The eight movements



START

FINISH

E Seated heel raises

Strengthen the calves while seated.

1. Keep feet hip-width apart with toes pointing forward.
2. Lift both heels while the toes and balls of the feet stay down.
3. Lower slowly without letting the ankles roll outward.

Dose: 8-12 repetitions

Easier: Alternate feet.

Progress: Add a 2-count hold at the top.



START

FINISH

F Shoulder rolls

Release tension and explore smooth shoulder motion.

1. Let the arms hang comfortably.
2. Roll the shoulders gently up, back and down.
3. Keep the movement slow; do not force the neck.

Dose: 6-8 rolls

Easier: Make small circles.

Progress: Reverse direction for a second set.

The eight movements



START

FINISH

G Chest opener

Counter rounded sitting posture.

1. Sit away from the chair back.
2. Draw the shoulders gently back and down.
3. Open the arms only until a mild stretch is felt across the chest.

Dose: 3-5 holds of 5 seconds

Easier: Keep hands on the thighs and lift the breastbone gently.

Progress: Hold up to 10 seconds without pain.



START

FINISH

H Seated side reach

Explore side-body mobility without twisting.

1. Place one hand on the chair or thigh.
2. Reach the other arm upward and slightly over.
3. Return to center before changing sides.

Dose: 3-5 each side

Easier: Keep the reaching hand at shoulder height.

Progress: Hold the comfortable end position for 2 breaths.

Five-day tracker

DAY	DONE	EFFORT 1-10	EASIER / SAME / HARDER	ONE NOTE
1	[]	_____	_____	_____
2	[]	_____	_____	_____
3	[]	_____	_____	_____
4	[]	_____	_____	_____
5	[]	_____	_____	_____

Ready for a longer plan?

The complete Strong & Steady guide expands this sampler into four progressive weeks with supported strength, balance practice and a 28-day tracker.

Before the full guide is sold, its movement instructions should be reviewed by a qualified fitness professional or physical therapist.

Sources and scope

The guide uses conservative movement concepts consistent with the public educational resources below. The sequence, branding and written presentation are original to this guide; no source endorses Mara Everly or this product.

Centers for Disease Control and Prevention

What Counts as Physical Activity for Older Adults

<https://www.cdc.gov/physical-activity-basics/adding-older-adults/what-counts.html>

National Institute on Aging

Three Types of Exercise Can Improve Your Health and Physical Ability

<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

NHS

Sitting exercises

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

U.S. Department of Health and Human Services

Physical Activity Guidelines for Americans, 2nd edition

<https://health.gov/paguidelines/second-edition/>

Important limitations

A downloadable guide cannot assess balance, technique, pain, medical history, medication effects or the suitability of a movement for a particular person. Readers remain responsible for choosing appropriate support and obtaining professional advice when needed.

No outcomes are guaranteed. This guide does not claim to prevent falls, reverse disease, treat pain, or replace individualized rehabilitation.

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Mara Everly is an AI-generated virtual creator.