



POTS Starter Exercise Plan

Exercise is one of the most effective tools for managing POTS and improving long-term symptoms and quality of life. ♥



Start slow. Be consistent. Progress over time.

This plan is a general guide. Always work with your healthcare provider to create a plan that's right for you.



Improves circulation and helps your body adapt to activity



Builds strength and endurance over time



Supports better symptom control and energy

4-PHASE STARTER PLAN

PHASE 1

Weeks 1–2

Focus: Build Habit

- ✓ Recumbent exercises (laying or seated)
- ✓ 3–4 days per week
- ✓ 10–15 minutes per session
- ✓ Examples: recumbent bike, rowing machine, leg exercises, swimming (gentle)

Goal: Establish consistency

PHASE 2

Weeks 3–4

Focus: Increase Time

- ✓ Continue recumbent exercises
- ✓ 3–5 days per week
- ✓ 15–20 minutes per session
- ✓ Keep intensity light to moderate (RPE 2–4/10)*

Goal: Build time and tolerance

PHASE 3

Weeks 5–8

Focus: Add Intensity

- ✓ Gradually increase intensity (RPE 4–6/10)
- ✓ 20–30 minutes per session
- ✓ 3–5 days per week
- ✓ Begin adding upright exercises (walking, elliptical) if tolerated

Goal: Improve strength and stamina

PHASE 4

Week 9+

Focus: Progress

- ✓ Continue 30–45 minutes per session
- ✓ 4–6 days per week
- ✓ Mix recumbent and upright activities
- ✓ Add light strength training 2x per week

Goal: Maintain and continue to improve



IMPORTANT TIPS



Hydrate and add salt as directed by your provider



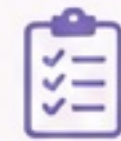
Wear compression when recommended



Listen to your body. It's okay to have bad days.



Prioritize rest and quality sleep



Work with your healthcare team regularly



Celebrate small wins.

Every step forward is progress toward a stronger, healthier you. ♥

