

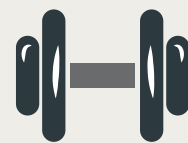


Home fitness hacks

Can't make it to the gym, or just looking for a way to mix up your routine? There are lots of ways to get your blood pumping at home!

Jogging or walking around your neighborhood is a tried and true path to fitness, but that isn't your only option for squeezing physical activity into your day. There are plenty of moves that you can do right in your living room to give you a full body workout.

And the beauty of a home workout is that you can make it as long or short as you want. Pressed for time? That's OK! Even just 10 minutes of cardio or strength training a day is better than nothing. And today more than ever, there are countless online tutorials and apps you can use to make sure you're doing at-home exercises properly and safely.*



**10 minutes
of cardio or
strength
training a day
is better than
none!**

**Talk with your doctor before significantly increasing your activity level.*



Body weight exercises

These movements don't require any equipment – just your body. Keep your fitness routine fresh by alternating these exercises throughout the week.

- Jumping jacks
- High knees
- Burpees
- Pushups
- Situps
- Lunges
- Squats
- Planks
- Wall sits
- Bicycle crunches
- Leg or arm raises



Weight lifting exercises

Adding weight to your workout can help tone your muscles. This is just a fraction of the exercises you can do with weights.

- Bicep curls
- Squats
- Lunges
- Row
- Deadlift
- Triceps press
- Bench press
- Overhead press

Wait! What about weights?

Even if you don't have a set of dumbbells, you can still add resistance with items from around your home. Holding any of these items will add "oomph" to your workout.

- Canned goods
- Milk jugs (filled with water in case they break!)
- Water bottles
- Your pet or child
- A backpack stuffed with books or cans
- Laundry detergent bottles



Stay motivated

Try an online class. Many gyms and trainers post workouts on their websites or social media. You can find lots of instructor-led workouts in a variety of disciplines: kickboxing, barre, aerobics, HIIT, Pilates, yoga and more.

Need more inspiration? There are plenty of free workout apps to help keep you moving, including:

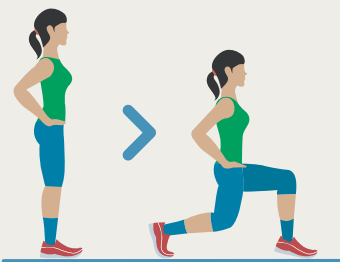
- Nike Training Club
- Sweat
- Aaptiv
- FitOn
- 8fit
- Couch to 5K
- Zombies, Run!


Create your own workout!

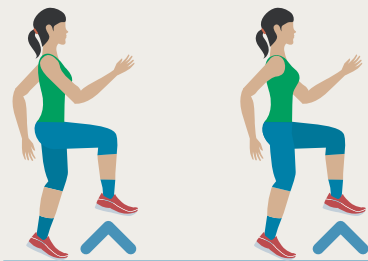
Having a plan increases the likelihood that you will follow through and not quit halfway. Don't worry – it doesn't have to be daunting. An easy way to create your own workout is to put together a circuit.


Pick 4-7 of the exercises listed on page 26, and cycle through them 3-5 times, depending on how strenuous you want your workout to be. For example:

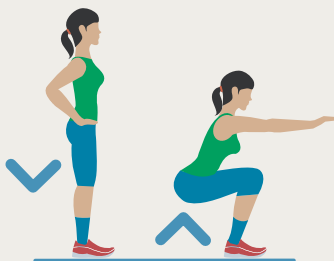
Start circuit



10 lunges

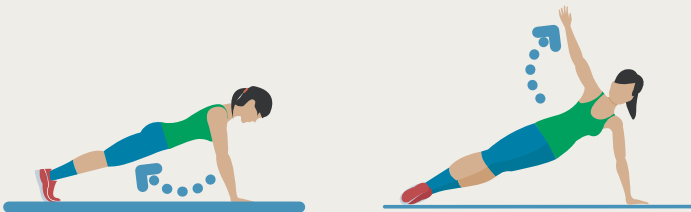

20 situps


10 high knees


20 jumping jacks


10 squats
(with or without weight)


10 planks



Repeat circuit

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF COMPLETION:

<https://www.surveymonkey.com/r/J2WWVY6>