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## Keeping Active At Home

Stuck in that winter time and at home rut? You are not alone! Sometimes the hardest part of exercising is getting started; other times, life has happened and you have had to take a break from a routine.

While it is recommended to get 150 minutes of moderate-intensity exercise per day, don't let that get you down. Adding more steps to your day helps prevent the problems that can occur from sitting too much. The bottom line, start where you are and make exercise a priority, easy, and fun!

### **Choose to be active in many places and in many ways**

The National Institute of Health provides some tips:

1. When you unload the groceries, strengthen your arms by lifting the milk carton or a 1-pound can a few times before you put it away.
2. Park your car a little farther away than usual.
3. Instead of calling or emailing a colleague at work, go in person — and take the stairs.
4. While you're waiting in line, practice your balancing skills by standing on one foot for a few seconds, then the other.
5. While you're talking on the phone, do a few leg raises or toe stands to strengthen your legs.
6. Take advantage of small bits of "down time" to exercise or stretch. For example, while you're waiting for the coffee to brew or for your spouse to get ready to go out, do a few wall push-ups or calf stretches.

**Can't go to the gym? Make your own at home, using these suggestions from [medlineplus.gov](http://medlineplus.gov).**

1. Make your own weights. Use canned goods or fill recycled milk jugs with water or sand. Or make your own adjustable weight by loading a small tote bag with magazines or books.
2. Make your own resistance bands using old nylons or tights.
3. Walk up and down your stairs to replace the step machine workout.
4. A jump rope is an affordable option for cardio workouts at home.
5. Use free smart phone apps or computer programs to plan or track your workouts.
6. Use an exercise ball instead of bench and exercise equipment. Use the ball to do crunches, push-ups, chest presses, and more.
7. Need a yoga mat? Use a towel during stretching, yoga, or core exercises to prevent sliding during exercises.

### **Plan for Breaks— Life Happens!**

Don't be too hard on yourself. Recognize that there will be times when you won't want to exercise, or it feels too hard. You can start again! Think about the reasons you started exercising and the goals you set for yourself. Ask family and friends to help you get back on track. Try something easier or a new activity

Be flexible, believe in yourself, we can do this!

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