









## Staying active while working from home

Staying active on most days of the week is not only important for your general well-being, but also when it comes to losing weight. Cutting back on calories makes a big difference, but so does working out! You don't need to belong to a gym or spend a lot of money on staying fit.

Here are some workouts that you can do right at home. Find the ones you enjoy the most and switch them up for a workout program that totals at least 30 minutes. For example:

<b>20 jumping jacks</b>	<b>High knees</b>	<b>Plank</b>	<b>50 crunches</b>	<b>5 push-ups</b>	<b>Stairs</b>
					
<b>4 minutes</b>	<b>3 minutes</b>	<b>3 minutes</b>	<b>10 minutes</b>	<b>5 minutes</b>	<b>5 minutes</b>
					<b>= 30 minutes</b>

- 1. Walking.** It's free! Set time to go for a walk, either right before you log in for work, during your lunch break or right after your shift. It's good to get some fresh air when you're stuck at home all day at the computer and sitting in the same position for hours. If it's cold out, make sure to bundle up. If it's still dark, make sure it's safe and walk in lit areas. Better yet, hit the pavement with a friend! It's always nice to socialize with someone when going for a walk.
- 2. Jumping jacks.** Get that blood pumping with some jumping jacks. Start with one minute and then slowly increase the time (for example: 1 minute and 30 seconds; 2 minutes; 2 minutes and 30 seconds, etc.).
- 3. High knees.** While standing hip width apart, raise one knee at a time. When starting for the first time, go slow. To get a higher calorie burn, raise them high and quickly. Start with one minute and increase your time as you get stronger.
- 4. Planks.** Get a full body workout by planking on the floor. Start slow with 20 seconds and increase the length of time as you get stronger. Make sure to:
  - Keep your core engaged.
  - Align the shoulders with your spine (flat) and straight above your elbows.
  - Tuck your pelvis in.
  - Keep your feet together pushing down on your heels.

Planks can either be done as a "forearm plank" or an "extended arm plank." Grab a mat or do it in a carpeted area to prevent discomfort to your elbows if doing the "forearm plank."
- 5. Lunges.** Lunges can be done either in the same spot or while "traveling" across the room. This is great exercise for beginners and it works your quads, glutes and hamstrings. Performing a long lunge emphasizes the glutes while a short lunge emphasizes the quads. Position one leg forward with your knee bent while the other leg is positioned behind, bent as well; lunge, switch and repeat. These can be done with your own body weight or with weights.
- 6. Push-ups.** This is a great exercise to help tone your arms and strengthen your core. Start slow and build up. Keep track of how many you can do to keep up with your progress. Can't do them in a plank position? That's OK. Start doing push-ups on your knees. You **can** get stronger!
- 7. Crunches.** Do a set of crunches every day. Start with 10 and increase over time. Make sure to keep your head and shoulders relaxed and your core engaged. Keep track so you can see your progress.
- 8. Follow a workout video program.** There are many options, such as YouTube, Jillian Michaels, Daily Burn and Beachbody workout videos. Find a program that fits your exercise needs and stick to it. You don't need to go to the gym and minimal to no equipment is needed.
- 9. Light weights.** It's a good idea to have light weights at home. Depending on your strength and goals, try having 3-, 5-, 8- and 10-pound weights at home. You don't need to have all of them, these are just suggestions. Try doing a set of bicep curls, shoulder presses and triceps lifts, and repeat as it feels comfortable for you. One set equals 15 bicep curls, 15 shoulder presses and 15 triceps lifts.
- 10. Stairs.** If you have stairs at home, take advantage of them. Go up and down your stairs for 5 to 10 minutes. This will work your glutes, hamstrings, quadriceps and calves. Climbing stairs are also a weight-bearing exercise, which will help strengthen your bones.
- 11. Plan ahead and mark it on your calendar.** It's easy to get busy and distracted with work, so make sure you set some time to work out and stick to it. If it helps, set an alarm on your phone or computer's calendar. It can be as short as 10 minutes, just get it done!

**Talk to your doctor before you start a new exercise program, especially if you haven't been active for a while.**

## Have a question?

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