



At Home Workouts

- ❖ Find 8-10 minutes, 3-4 times a day to move briskly instead of trying to do all 30 minutes at once when time is short.
- ❖ Walking is the best exercise anyone can do when first starting out. Almost everyone can do it and it doesn't cost a lot. Invest in a good pair of walking shoes.
- ❖ Easy things to do around the house to get you 30 minutes of exercise in:
 - Walk up and down the stairs in your house for 5-10 minutes at a moderate pace; enough to get your heart rate up (stretch afterwards)
 - A bonus workout is to step up and down a step while holding canned food or bags of groceries
 - Buy an exercise ball and sit on that while watching TV instead of in a chair or on the couch. It helps strengthen the abdominal muscles and other stabilizing muscles
 - Instead of just sitting while watching TV or driving a car, try to tighten your stomach muscles for a minute or stretch your shoulders or neck
 - During commercials do basic leg lifts or sit ups. Do reverse curls while sitting in your favorite chair. Also during commercials you can get up and pace in your house-some commercial breaks can last up to 5 minutes.
 - Do a series of arm workouts while in front of the TV:
 - Add weights by grabbing cans of soup
 - Arm curls, arm ext., tricep ext., tricep curl, front raise & lateral raise, 8-12 reps, 1-2 sets
 - Pace, do leg lifts, or lunges while talking on the phone
 - Before going to bed keep a set of cans or water bottles by your bed. You can bench press one or two sets of 10 reps.
 - Put any exercise equipment in front of the TV to encourage its use while watching TV or buy a small TV for your exercise room. Working out during your favorite show can encourage you to go longer – 30 minutes versus the usual 20

Nutrition:

- **WATER, WATER, WATER!** Water helps metabolize stored fat. Drinking the recommended 64 ounces can help keep you from munching. Keep a glass of water close by instead of chips or sodas. Don't like the taste of water? Add some lemon or lime for a refreshing taste. Great for summer dehydration.
- Eat several small meals or snacks throughout the day rather than 3 large meals. Frequent, small meals give you steady energy. If eating throughout the day won't work for you try to make your biggest meal lunch so your body has more time to digest and burn off the calories.
- Eat fruit in the morning about 2 hours before breakfast to boost the digestive system. Eating fresh fruit 2 hours before or after any meal as a snack will aid you in burning fat. Apples help curb your appetite and cravings. Pair apples with ONE serving of cream cheese or carmel for a healthy mid day snack.
- Choices on the run:
 - Buy bagels or English muffins
 - Order a salad or baked potato rather than fries (eat a salad before big dinners to keep from over eating)
 - Munch on fresh or pre-packaged fruit or veggies rather than chips