

Home Workout

USING HOUSEHOLD ITEMS



using everyday items for **fitness**

Time and money are often common barriers to keeping healthy through exercise. Everyone needs exercise, but many people lack the time to go to the gym and membership fees can be expensive. Using items you already have around the house is an easy way to stay active on a budget.

The following list are simple workouts you can do at home on your own, without spending money for a membership or leaving your home. Start slow by only doing as many reps as your body will allow you. Work up a sweat by combining the following exercises into a circuit, performing each for 15 to 20 reps, 3 to 5 rounds, for a total-body workout.

Soup Cans for Bicep Curls

Weigh the cans on your scale to figure out the poundage that's best for you. Stand up straight with a can in each hand. Keep your elbows close to your torso with the palms of your hands facing forward. Keep your upper arms stationary, exhale and curl the weights while contracting your biceps up towards your shoulders. Inhale and slowly lower your weights back to your sides.

Pantyhose or Leotards

Resistance bands can be made from pantyhose or leotards. Sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

Masking Tape

Make a balance beam by putting several long strips of masking tape straight across the floor. Walk the “beam” to improve your equilibrium by placing one foot in front of the other. If you have balance issues, have a family member to support you.

Socks

Create ankle weights by filling socks with dry rice, sand or beans. Try to make the weights around 2 pounds. Tie them shut while leaving enough room in the toe to fasten around your ankles. Use them to add resistance while you walk around.

Stairs

If you have a set of stairs in your house, you have an array of exercises right at your feet. If you are steady on the steps, hike up and down the stairs to create a cardio workout.

A Wall

For a leg and core toning exercise, stand with your back against a wall and feet shoulder-width apart. Sit down into a squat. Lower down so your legs are in a 90-degree angle and hold for 30 to 60 seconds.

get fit at **home**

Laundry Basket

Load it up with clothes and top it with the laundry detergent. Use this weight to perform deadlifts. Stand tall with feet hip-width apart. Place the basket between your feet. Keep your shoulders down, away from your ears and chest up. Slightly hinge at the hips, bend your knees, and push your rear back. Grasp the handles of the basket and keep your back straight. Drive through your heels. Keep your arms long, back flat and stand up. Lower the basket to the ground and repeat.

Broom

Take a broom and grip it with both hands, about shoulder-width apart. Fingers facing forward. Lift it up, overhead and then rest it on your upper back, just below the base of your neck. Twist the broomstick and your right arm forward, while allowing the left arm to move backward. Return to center and then twist to the right.

Use Your Computer for Motivation and Help

Use your computer and the many free exercise-tracking tools and spreadsheets to create and maintain a training regimen. Keep track of your progress.

