



Exercise at Home With a Few Bare Essentials

As nice as it would be to have a home gym or a personal trainer to motivate us to exercise, for most of us, this just isn't an option.

You don't need to rely solely on expensive equipment to get in shape. You can implement a few daily exercises in your own home, using nothing but a pair of gym shoes and a few household items.

- **Cardio:** Whether you love it or dread it, a cardiovascular workout is essential to burn calories, shed fat, and improve your overall health. Move your coffee table out of the way, and do two minutes of cardio exercise four times in a given hour (that's every 15 minutes). Try jumping jacks or jogging in place during commercial breaks of your favorite TV show. You may be surprised how two minutes can get your heart pumping. Here are some good cardio workouts to do at home.
 - Walking
 - Jogging
 - Jumping jacks
 - Dancing
 - Climbing stairs
- **Core Strength:** One of the responsibilities of your core muscles, located between your pelvis and the base of your ribcage, is to keep good posture and support your back. If you suffer from back pain, you may experience relief by doing a few simple exercises to strengthen your core. Start with three sets of five repetitions and build from there as you gain more strength. The idea is to keep your core muscles engaged the whole time. Any of the exercises below will help get your core into gear.
 - Crunches
 - Push ups
 - Side plank
 - Pike up or "boat pose"
- **Weights and muscle tone:** With any weight loss or workout regimen, using weights and maintaining muscle tone are key factors in keeping your body fit. It's important to use muscles that are otherwise inactive while sitting at your desk or relaxing at home. A few squats in your living room, or arm presses using soup cans, can impact your overall health in a positive way. Try some of these exercises to increase your muscle tone:
 - Squats
 - Leg raises on a staircase
 - Push ups
 - Backwards push ups
 - Light weights (soup cans, water jugs, laundry detergent bottles)

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Start small and see results

- **Be ambitious, but realistic.** Once you get started on a fitness regimen, you may set out to conquer the world. Remember, Rome wasn't built in a day – and neither will your body. Making simple lifestyle changes and starting some light exercise will make a difference if you give it time. Listen to your body and start small. A little will go a long way.
 - **Don't overdo it!** If you feel like you are going to vomit, you are working too hard, too fast. It's important to set a pace, especially in the beginning, where you can hold a conversation while engaging in your exercise routine.
 - **Talk to a Health Coach.** Get advice from a Health Coach who can help you make small changes that make a big impact. You'll be able to set attainable goals and see how you progress to a more vibrant, healthy lifestyle. Learn more about health coaching at Abbott and get started.
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