

At-Home Workouts

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Cold days can make it hard to get out of bed, let alone leave the house for a morning workout. Nevertheless, experts emphasize that regular physical activity is crucial for both our physical and mental well-being. Adults are recommended to get at least 30 minutes of moderate-intensity activity five days a week, coupled



with two days of strength training. The good news is, there are many ways to engage in physical activity, elevate your heart rate, and build muscle from the convenience of your own home, many of which require nothing more than a little space and your own body weight! Carve out space in your home and get started.

Explore the workout ideas and tips below to embark on sustainable at-home workouts that will keep you warm, fit, and in good spirits all year long.

Bodyweight Exercises: Bodyweight exercises are versatile and require minimal to no equipment. Examples include squats, lunges, push-ups, planks, and burpees. These exercises target various muscle groups and can be adapted to different fitness levels.

Cardiovascular Activities: Jumping jacks, high knees, mountain climbers, and jumping rope are cardiovascular exercises that can be done indoors without special equipment. They help elevate your heart rate, improve endurance, and burn calories. **Need a mental boost?** Dancing is a fun way to stay active and boost your mood.

Yoga and Pilates: Yoga and Pilates offer low-impact workouts that focus on flexibility, core strength, and balance. With the help of online tutorials or apps, you can easily follow guided sessions tailored to your skill level and preferences.

Resistance Training: Resistance bands, dumbbells, or improvised household items like water bottles or canned goods can be used for strength training exercises. Target major muscle groups with exercises like bicep curls, tri-cep extensions, shoulder presses, and squats.



Not sure where to start? Check out the at-home workout plan included on page 2!

Get started with this 15-minute total body workout that can be done at home or anywhere convenient to you.

Warm Up

March in Place: Stand tall with feet hip-width apart. Lift your knees up one at a time, swinging your arms gently. [March for 1 minute.](#)

Arm Circles: Extend your arms out to the sides. Make small circles forward for [30 seconds](#), then backward for [30 seconds](#).

Total Body Exercises

Bodyweight Squats: Stand with feet shoulder-width apart, toes slightly turned out. Lower your body as if you're sitting back into a chair, keeping your chest up and knees tracking over toes. [Do 12-15 reps.](#)

Push-Ups: Start in a plank position with hands slightly wider than shoulder-width apart. Lower your body until your chest nearly touches the floor, then push back up. If needed, perform on knees. [Aim for 8-12 reps.](#)

Reverse Lunges: Stand tall, step your right foot back, and lower your body until both knees form 90-degree angles. Push back to the starting position and alternate legs. [Do 10 reps per leg.](#)

Plank: Get into a forearm plank position, with elbows under shoulders and body forming a straight line from head to heels. [Hold for 30-45 seconds.](#)

Glute Bridges: Lie on your back with knees bent and feet flat on the floor. Lift your hips toward the ceiling, squeezing your glutes at the top, then lower back down. [Do 12-15 reps.](#)

Cool Down

Child's Pose: Sit back on your heels, extend your arms forward, and lower your chest toward the ground. [Hold for 30 seconds to 1 minute](#), focusing on deep breathing.

Standing Forward Bend: Stand tall, hinge at your hips, and fold forward, letting your head and arms hang down. [Hold for 30 seconds](#), focusing on relaxing your muscles.

