



Some general tips to follow when working out at home:

1. Make sure to warm up with some easy activity. Taking a walk outside or at a slow pace on a treadmill. Household chores or anything that gets you moving around for a few minutes.
2. Ramp things up for a cardiovascular work out. Anything that gets your heart rate up. Jogging in place, high knees, or jumping jacks work great here. Listen to your body and only do what works for you.
3. Resistance strength building exercises. Push ups, body weight squats, and abdominal exercises can all be done with no equipment. If you have dumbbells or bands at home now would be a great time to fit them into your workout.
4. Don't forget to spend five or ten minutes at the end cooling off and stretching.

Keep moving, eating right, and getting A good nights sleep. Your mind and body will thank you!