

SCALE BACK ALABAMA
YOU CAN EXERCISE ANYWHERE!

If working out at a gym is what works for you, keep it up! But, if you find it difficult to make it to the gym due to time or financial limitations, you're not alone. The good news is, "exercise" is anything that gets your body moving and your heart pumping. You definitely don't need a gym membership to do that! Check out these tips on how to get moving without a gym membership:

- **Convenience is key –** Fit exercise into your busy daily schedule. Do 10 minutes at a time, take the stairs instead of the elevator, bike to work, or play with the kids.
- **Surf the net –** There are so many great resources online! You can find free workout videos online for all ages and ability levels. Only have 10 minutes? There are videos for that, too! Luckily, they can be done in the comfort of your own home!
- **Get outside –** Walking (or running) outside is a great way to get out and enjoy some fresh air while doing your body good! Walking with a friend is also a great way to spend time together while getting your hearts pumping!
- **Work it –** Yard work, gardening, sweeping, mopping, and anything else that gets your body moving counts as exercise.
- **Buddy up –** Others are looking for ways to be more active, just like you! Organizing a walking club can help keep you on track and help you build friendships.
- **Take a hike –** Hiking is a great way to burn calories while enjoying all that nature has to offer! Hiking is also a great way to spend time with friends and family! Win/win!
- **Get creative –** You can make a gym right at home. No equipment? Think again. Soup cans and filled water bottles can be used as weights. A countertop can be used for a push up bench. Try a pair of tights for resistance bands. Put some music on and rev up your heart beat as you do your household chores.
- **Move More, Sit Less –** Get up from your desk, chair, or sofa and move at least once per hour. Beside burning more calories, it's good for your heart. Walk during lunch, have walking meetings, or take a movement break during commercials.
- **Use technology –** Fitness apps and pedometers can help you stay active. You'll reach the recommended 150 minutes of weekly activity before you know it!

INCLUSION TIPS: A well-rounded program should include activity that will not only help you reach your SBA goals, but aid in maintaining or improving functional independence. The NCHPAD website (www.nchpad.org) has a wealth of information to help you find ways to incorporate physical activity and healthy living goals. Start in the Exercise and Fitness category, with programs such as 14 Weeks to a Healthier You! or Champion's Rx. You can also explore the NCHPAD YouTube channel to see the possibilities and generate exercise ideas that work for you. You can do strengthening exercises at home using resistance bands, soup cans, plastic milk jugs filled with sand, or use your own body weight as resistance.

Links:

At Home Exercises: acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises

No Equipment Needed Exercises: oprah.com/health/the-no-equipment-workout-you-can-do-at-home/all

Deskercise - 20 Ways to Get Moving While You Work: nchpad.org/fppics/deskercise%20poster_updated.pdf

How to Fuel Your Workout: eatright.org/fitness/exercise/exercise-nutrition/how-to-fuel-your-workout

Healthy Recipe: Chicken and Broccoli Stir-Fry: foodnetwork.com/recipes/food-network-kitchen/chicken-and-broccoli-stir-fry-recipe-1942670

FAMILY MATTERS: Being active together is a great way to spend time with kids! Physical activity can be anything from playing basketball in the driveway, to swimming, to hiking, to walking around the neighborhood. Being physically active with kids helps them adopt healthy habits early on and can even help encourage communication between parents and kids!