

NUTRITION TO GO

Staying Active at Home

What are the benefits to exercising?

- Helps keep your heart healthy
- Protects against chronic disease
- Helps you sleep better
- Decreases stress and anxiety
- Improves mood
- Reach or maintain a healthy weight
- Helps brain health and memory
- Increase your energy level
- Helps with your balance to prevent falls

How much should you exercise?

Try to exercise for **at least 30 minutes each day**. Moving just a small amount can help keep your heart healthy. The more exercise you do, the more health benefits.

Tips for Staying Motivated to Exercise:

1 Find simple ways to make exercise fun and enjoyable. Do exercises at home that you enjoy.

Did you know? Gardening, cleaning the house, and mowing the lawn all count as exercise.



2 Find ways to fit exercise into your day. Pick a time that works best for you. If you cannot do 30 minutes of exercise at one time, break your exercise up into three 10 minute exercises.

3 Keep track of your exercise progress. Add exercise times into your calendar to track your exercise each week. Continue to find new ways to increase your exercise.

At Home Exercise Ideas

Go for a Walk

Walking is one of the best ways to keep your heart and lungs healthy. It is also easy on your joints. If you cannot go outside, walk in place or around your home.

Exercise Videos (like dancing, yoga, and Tai Chi)

Exercise videos can be fun and some are free online or TV. You can do these on your own time and at your own pace.

Weight Lifting & Resistance Bands

You can buy a low-priced set of dumbbells and/or resistance bands or use things you have around the house (find examples below). These exercises increase your muscle strength.

Chair Exercises

Check out the exercises in the brochures, *Upper Body Exercises* and *Lower Body Exercises*. These exercises are simple and can be done easily at home while seated.

These brochures can be found on the

Safety Tips for Exercising at Home:

1. Ask your doctor before starting an exercise program
2. Start with small changes
3. Drink plenty of water (6-8 cups/day)
4. Be consistent
5. Listen to your body and rest when needed

Exercise equipment you can use at home:

- Canned items as weights
- Laundry Detergent as kettlebells
- Chair as a workout bench
- Towels as resistance bands
- Large towel as yoga mat

