

# HEALTH NEWS

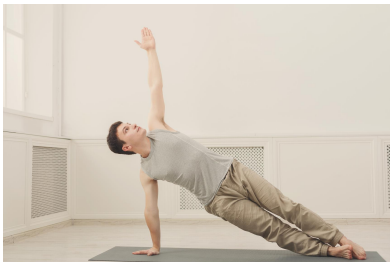
August 2020



## HOW TO EXERCISE AT HOME DURING AN OUTBREAK



### BODY WEIGHT EXERCISE



The simplest way to work out at home is to use your own body. There are a variety of effective body weight exercises that can help you build strength, endurance and burn calories. And by circuit training (going from one exercise to the next, without little or no rest), you keep your heart rate up, burn more calories and get the most out of your exercise time.

### EXERCISE VIDEOS



For variety, convenience, and more structured home exercise, you can't beat exercise videos. There are workouts for every age, gender, goal and interest, and you can workout anytime you like in the privacy of your own home.

### IPAD, MP3 AND SMARTPHONE FITNESS APPS



Remember when the only thing your phone did was make calls? Now, smartphone apps allow you to do everything from playing Scrabble to exercising. Smartphones, iPads, and MP3 players are excellent resources for home exercisers, particularly if you find yourself getting bored from doing the same old thing, day after day.


### ONLINE WORKOUTS



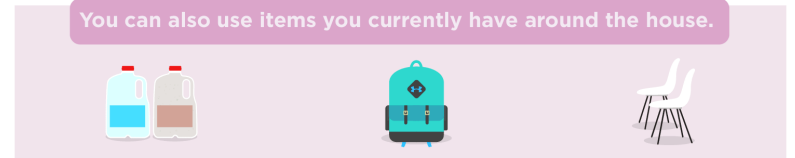
The beauty of online workouts is that they can be accessed anytime and anywhere with enough space for a yoga mat and a solid Wi-Fi connection. There are a ton of options—many with free trial periods—so the key is finding one that brings a little joy into your day. Studio SWEAT onDemand has partnered with YMCA locations and other fitness centers around the U.S. to offer free virtual gym memberships, waiving the standard setup fees to give access to more people during the COVID-19 pandemic. You can choose from yoga, pilates, strength, and cycling classes, among other cardio and muscle-building workouts; you can stream them to your mobile device or TV.

### HOW TO BUILD A HOME GYM

**UNDER \$25**



**You can also use items you currently have around the house.**



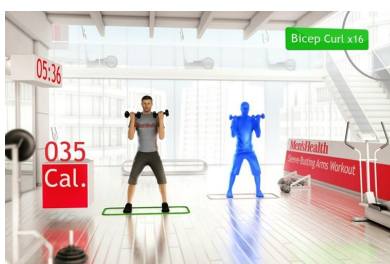
Fill plastic gallon milk jugs with an appropriate amount of water or sand, and use as dumbbells. Place books in a backpack for weighted squats. Begin with one or two light books, and add more as you become stronger. Use a chair or bench for tricep dips and push-ups.

**EXAMPLE 30-MINUTE WORKOUT**

- Resistance Band Bicep Curls (Set of 10 on each arm)
- Resistance Band Overhead Tricep Extensions (Set of 10)
- Resistance Band Standing Row (Set of 10 on each arm)
- Resistance Band Squats (Set of 10)
- Jump Rope (1 minute)
- Plank (Hold for up to 1 minute)
- Repeat all of the above five times.

**TOTAL COST: \$24.95**

### EXERGAMES



Video games aren't just for couch potatoes anymore. In recent years, we've seen more and more exergames (games that actually require you to stand up and move). That fact alone makes exergames like EA Sports Active, Everybody Dance and Gold's Gym Dance Workout an interesting option for home exercisers who find motivation hard to come by.