

Be More Active

Exercise at Home – Use Everyday Household Items

Here are a few simple exercises you can combine with everyday tasks.

You will build strength and burn some calories.

You don't need to wear workout clothes but be sure to wear nonslip shoes.

5 moves to turn your kitchen into a home gym



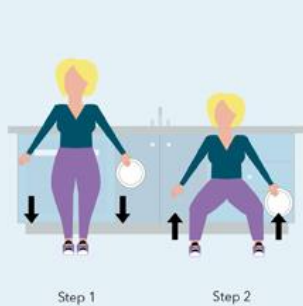
1. Cardio sweeping



- Grab a broom and sweep as fast as you can for 1 minute, then at normal speed for 2 minutes
- Repeat the 3-minute combination 5 times

Benefit: Short, intense intervals of cardiovascular exercise help burn calories and increase aerobic capacity

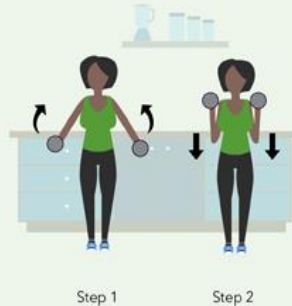
2. Dishwasher squats



- With feet shoulder-width apart, sit back and down, keeping your weight in your heels, then rise back up
- Do 3 sets of 10 reps each

Benefit: Builds leg and core strength, burns calories, and promotes better balance

3. Soup can curls



- Holding a soup can in each hand, curl them up toward your shoulders, then lower back down, keeping elbows close to the body
- Repeat 8 to 12 times

Benefit: Tones the arms and builds stability in the shoulders and back

4. Counter pushups



- Place your hands shoulder-width apart on the counter edge, then step your feet back 2 steps to form an angled plank
- Lower your chest toward the counter, then press your body back up
- Do sets of 3-5 reps, building up to 8-12 reps, resting between sets

Benefit: Strengthens the chest, shoulders, and abdominal muscles

5. Cabinet calf raises



- Standing with feet shoulder-width apart, rise onto your toes, then lower down
- Build up to 3 sets of 12-15 reps each

Benefit: Builds lower leg strength and increases ankle flexibility