

EXERCISE SNACKS TO STAY STRONG AND SANE AT HOME

Imagine your own gym open 24 hours for your convenience so you can squeeze in exercise snacks any time of the day without fuss and special exercise equipment. Exercise is good but not every exercise is good for everybody. Aim for 8-15 repetitions for selected exercises and gradually add more time in action. Stop any movement that causes pain or discomfort. Find JOY in what you do.

SIX TIPS FOR AT-HOME SUCCESS

1 Warm up those joints with some gentle rotations before more vigorous movement:



Shoulder Circles



Hula Hoop



Hip Circles



Knee Circles



Ankle Circles

2 Check your posture often...imagine your spine growing longer to avoid slouch and forward head. Give your neck a break with these exercises:



Shirt Pull Up



Shoulder Shrugs



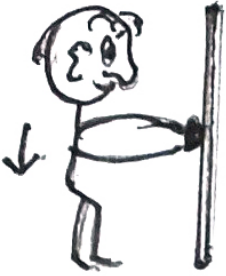
Spread Your Wings

3 If you have a chair you really love...leave it often. Look for ways to disrupt sustained sitting. Take the 30-3 Minute Challenge. For every 30 minutes of sitting, move around for three minutes. Here are a few ideas:

- Try chair stands—melt slowly into a chair, sprout up slowly and repeat
- Put on some tunes and shake, strut or create your own moves
- Transform TV time with stretches, chair dancing or doing chores
- Take a balance boost often and stand on one foot, then the other
- Walk, heel to toe, as if you are on a tight rope (tandem walk)
- Create a deep breathing rhythm: inhale for 4 counts, exhale for 8 counts

4 Take a stroll several times a day. Enlist canine support, try some house-walking while you talk on the phone or crank up cardio benefits with high marching steps or vigorous housework until you are breathy without being breathless.

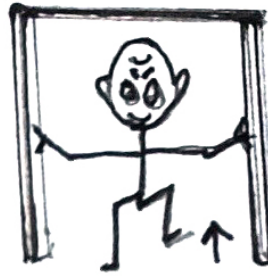
5 Get stronger using your own body resistance at workout stations around the house:



Door Knob Squat



Counter Push Ups

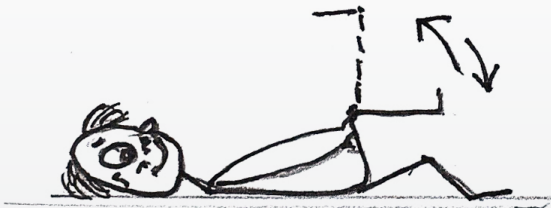


Door Frame One Leg Stand



Wall Sit Wide Arms

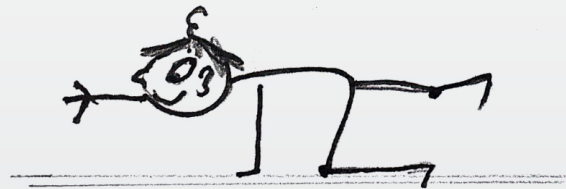
6 Use your bed...for more than sleeping if its difficult to get down on the floor. A weak core translates into loss of functional abilities and increased risk of injury. Your bed can be a safe surface for "Challenge-the-Core" activities, including:



Knee Tuck/Extend



Bridge



Bird Dog

**"It's not the years in your life that counts. It's the life in your years."
Abraham Lincoln**