

## **Exercise Suggestions for Working Out at Home**

**Medical Disclaimer:** You should always consult your physician or other health care professional before starting any exercise or fitness program to determine if it is right for your needs. This list is designed for educational purposes only, and this does not substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health care professional.

- Walking (around your neighborhood 15 – 30 minutes a day – while keeping your distance from others ☺)
- Yoga
- Cardio
- HITT Training
- Functional Stretching
- Tai Chi
- Pilates
- Tabata
- Strength Training (you don't even need weights – you could use bottled water, cans, etc)
- Zumba
- Dance to your favorite song (can be done with or without the blinds open...lol)
- Boxing (at home watching a YouTube video or just doing some boxing moves)
- Rollerblading (around your neighborhood)
- Housework
- Gardening
- Move while you watch TV (lift hand weights or use bottled water, cans, etc ☺ - or do some gentle yoga stretches)
- Stand up and walk around the house while you're on the phone