



JANUARY 2021 HEALTHY TIP

Working Out at Home

Can't get to the gym or fitness center? Time to explore alternative ways to stay fit and work out at home! There are many benefits to home workouts. You can do them whenever it fits into your schedule; you can workout privately or set up a video call and work out with friends. And you save the cost of gyms. It's easy to find workouts that will deliver results. To help you get started pick one new workout habit and focus on that one until it's part of your daily routine, and then pick another new habit. Here are some ideas for starting your own at-home routine.

Tying a new habit to something you already do a regular basis may make it easier to form a new habit. In time, those two habits will be linked in your mind, and more likely to stick. Think of a small fitness habit you'd like to form. Then, connect it to a habit that you already have. Once the habit becomes second nature, pick a new one to work on. Here are a few examples:

- **Boost your aerobic fitness.** Go for a 10-minute walk after each meal. Or jump rope during commercial breaks when you're watching TV.
- **Improve your strength.** Do a set of squats while your coffee brews or your tea steeps. Or hold a plank for 30 seconds before you check social media.
- **Work on your balance.** As you brush your teeth at night, stand on just your right leg for 30 seconds and then switch and stand just on your left leg for 30 seconds.
- **Increase your flexibility.** Stretch your calves after you walk the dog. Stretch your shoulders and neck after you turn off your computer at the end of the day.

Working out to improve health or lose weight are two great reasons to stick to your workout routine. But these are external rewards which means working out is a means to achieve other goals. What about working out for its own sake? Focus on the feeling of success when you complete a tough workout or the relaxed feeling after yoga. When it comes to working out, there are a lot of internal rewards, such as:

- Enjoyment and satisfaction.
- Less stress and better mood.
- Greater energy and sense of well-being.
- Internal rewards play a big role in motivating you to get and stay active. Goals like losing weight and improving health can take time to achieve. But if you enjoy working out, if you find it fun and it makes you feel good, then you're more likely to stick with it long enough to reach those external rewards.

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