

Working out from Home



Responsibilities, time constraints, location and proximity, these are just some of the barriers that might prevent you from getting to the gym and/or your daily yoga/cardio class.

However, going to a gym isn't a necessity when it comes to being active and you don't have to run on the treadmill for an hour to reap the positive health benefits!

What's an alternative? Why working out from home of course! Your home has all the potential to turn into a virtual gym, even if you live in a small apartment.

To start, find a space that is clutter free where you can move around safely. Next, tool up! Any equipment you may need can be found in your home. For example, use a chair as a weight training bench and easy to grip objects (e.g. soup cans) if you don't have any hand weights. You can also use a chair for [tricep dips](#).

Your living room rug can double as a mat for stretching and the stairs are perfect for some high-intensity cardio, especially if you live in an apartment building! If you're skipping or running in place, make sure you choose a wood floor or a broadloomed area to cushion the impact making it easier on your back and knees and of course always wear proper shoes.

Use a wall for [push-ups](#) or press your back against it for [wall squats](#). Finally, remember that activity doesn't have to be done all at once, spread it throughout the day because even 10-15 minute increments have positive effects on our health.

Most importantly, make a commitment to yourself. Having the space to do it is one thing, but planning for it and setting the time aside (e.g. Early morning before the children wake up) will ensure

you're more successful in doing it!

Source: [Fitness At Home](#)" Heart and Stroke Foundation of BC/Yukon Feb 2009