

# Design a Winning Indoor Workout

To let your muscles recover, don't work the same muscles two days in a row.

You don't need a gym or even the great outdoors to work in a healthy workout. Try some of these exercises you can do from home.



## Indoor Aerobic Activities

Aerobic exercise helps your heart and lungs. Do moderate-intensity aerobic exercise for at least 150 minutes every week—30 minutes a day, five times a week is an easy goal to remember. Here are some ways to do aerobic activity inside:

- Follow along with an online exercise video.
- Dance to upbeat music.
- Go up and down the stairs.
- Speed up your vacuuming, bathroom cleaning and kitchen cleaning.



## Strengthen Your Routine

Strength training helps your bones and muscles. Do strength-training exercises at least two days a week. You can bring strength training indoors, too:

- Begin with soup cans or light dumbbells. Start with weights you can lift eight to 12 times in a row. When you can do more than 12 reps, move up to a slightly heavier weight.
- Do push-ups.
- Try pulling on resistance bands.



## Don't Forget to Stretch

Stretching keeps your muscles flexible and helps prevent injuries. Stretch after you do your regularly scheduled strength and aerobic activities. Here's how to do it inside:

- Learn yoga or tai chi from an online video or class.
- Lift your arms toward the ceiling and stretch. You can find other good stretches online, too.
- Hold the stretch for 10 to 30 seconds and repeat every stretch three to five times.

**Never miss a chance to move. For example, you can lift hand weights, march in place, dance or stretch while watching TV.**

Sources include the Centers for Disease Control and Prevention, the National Institutes of Health and the American Heart Association.