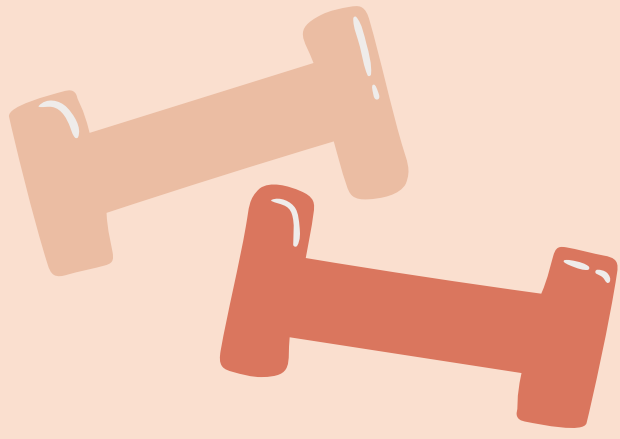


Let's Talk about:

Easy at Home Workouts



Hi CCS Community!

I hope you are doing well! For this month's blog post, I wanted to talk about easy ways to get some exercise from the comfort of your home! As the weather gets warmer, it is easier to get outside and move your body. Sometimes, it can be expensive or difficult to join a gym, so here are some exercises you can do without a lot of equipment!

Why is it important to exercise daily?

It is recommended that every adult gets 150 minutes of exercise per week. That ends up being about 20 minutes of activity each day. It is also important to focus on both cardio and strength exercises.

Sample Exercise Schedule

Monday: Walk briskly for 20 minutes

Tuesday: Lift 5 lb weights for 20 minutes, focusing on your arms

Wednesday: Pick up the pace for a light jog for 20 minutes

Thursday: Walk briskly for 20 minutes

Friday: Lift 5 lb weights for 20 minutes, focusing on your legs

Saturday: Vary between a light jog and brisk walk for 30 minutes

Sunday: Rest day!



Easy Workout for Arms

Grab two 5 lb weights, one in each hand. If you don't have weights, you can use two filled up water bottles.

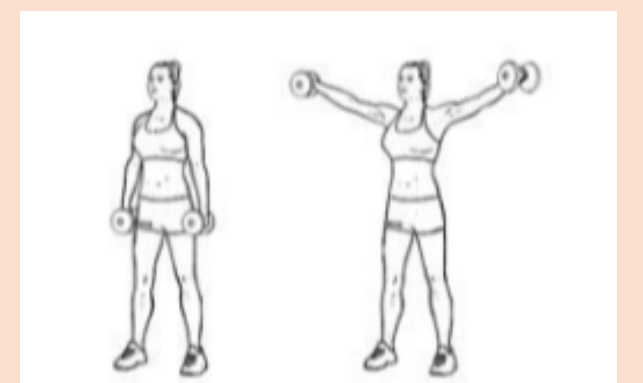
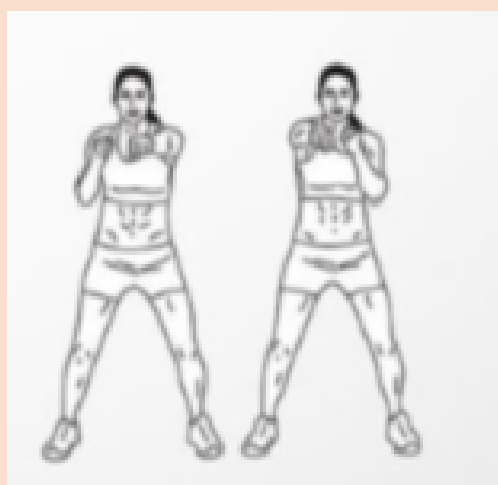
10 bicep curls on each arm

10 lateral raises

20 punches, alternating arms

10 triceps curls

Repeat this set three times, taking breaks after each set



Helpful Tools

To keep track of my pace and distance, I like to use the app **RunKeeper**. It is a free app you can download on the apple store and a helpful way to measure your progress. As always, make sure to check with your healthcare provider if you have any concerns or limitations with exercise. Listen to your body, you know how much to push yourself and when to take a break! Let me know if you try any of these workouts!