

12 Easy Ways to Get Fit Around Your Home

All of us are busy and physical activity is missing in our hectic schedules. A quick way to be more active and get fit is to do it at home! Fitness at home is easy. Here are 12 easy ways to start a healthy lifestyle at your front door.

1. **WALK around the block:** Two or three 10-minute walks in your neighborhood can add up to some serious health benefits.
2. **BIKE down the street:** Keep your bikes (and helmets) ready to go at a moment's notice, like for a quick jaunt to the grocery store.
3. **GARDEN in the yard:** A vegetable garden, even a small one, is the most delicious way to get active and eat better at the same time.
4. **MOW or RAKE the lawn:** Forget a fancy riding mower. A push mower, even an electric one, helps with extra steps for a healthy weight.
5. **JUMP in the driveway:** Jump rope, jump shots with ball and hoop, or even jump with a pogo stick (good for your balance too!).
6. **STRETCH with a band:** Keep a resistance band next to the remote – so you can stretch your arms and legs while watching TV.
7. **LIFT a weight:** Keep a weight near the telephone. Pick it up when you get a call and pump your arms while you talk.
8. **DANCE with a DVD or video:** Turn a TV room into a fitness center with your favorite flavor of music. Salsa? Country? Disco? Rock?
9. **PUMP with a machine:** Exercise machines can be a fitness bonus if you keep them in an accessible place and use them often.
10. **STEP with the stairs:** You don't need a fancy machine to build beautiful legs and thighs. Just go up the stairs as often as you can.
11. **PUSH with a broom or mop:** It's not a real glamorous way to get fit, but it works! Housework burns as many calories as golf without a cart.
12. **LAUGH and PLAY together:** Add some laughter and play into your life. Research shows that they can have powerful health benefits.

