

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.