

# How to exercise at home.

Exercise is not just ideal for weight management, but also to support your mental health and help decrease the risk of developing certain diseases, such as type 2 diabetes or cardiovascular disease. As an added bonus, endorphins from exercise also help to reduce stress.



Below are some suggestions to help boost your activity without even leaving your home – whatever your age or fitness level.

## Exercise for the elderly

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Going for a short walk every day

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Regularly standing up from a chair

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Walking between rooms every 60-90 minutes

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Cleaning and dusting the house daily

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Gardening (mowing, light digging and shovelling)

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## Exercise for children

**Make a game of hide-and-seek** more active by suggesting children hide on different levels of the house every time, that way they're going up and down stairs every few minutes. The player that's found first must perform a "penalty" that can include classic exercises like jumping jacks, burpees or sit-ups.

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**The garden is a great fun for all the family.** You can give your children a small part of your garden where they can plant their own vegetables or play with water and soil. Other activities that you can do in your garden include skipping, trampolining, water balloon dodgeball, frisbee or kicking a ball.

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**Dance with your children to stay active and have fun.** Dancing is a whole-body workout and a 30-minute dance class is almost equivalent to jogging.

## Exercises for those of a low fitness level

Make time for a short walk outside every day.

Try and do household chores such as vacuuming or changing the bed sheets more often. This will get your heart pumping – an hour of cleaning can burn up to 150 calories.

Try some exercises from your desk chair. While sitting on a chair, cross your legs so your feet rest under your ankles. Next, put your hands on the chair's armrests, engage your core and lift the rest of your body a few inches off the chair. Hold the pose for 10 to 20 seconds, rest and then repeat 5 times. Be careful not to lock your arms to help prevent injury.

## Exercises for those of a medium fitness level

Try to go for a brisk walk or run outside every day.

Challenge yourself with some at home exercises. The exercises below use your body weight, so there's no equipment required. Start with three sets of 10 reps and then, add more reps (12, 15) as you get used to the motion:

**Squats:** Place your feet shoulder-width apart or slightly wider. Sit back and lower down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit, let your lower back arch slightly as you descend. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels. Keep your body tight and push through your heels to bring yourself back to the starting position.

**Alternate lunges:** Stand tall. Step forward with one foot until your leg bent at least 90-degree angle. Your rear knee should remain parallel to the ground and your front knee should not go beyond your toes. Lift your front lunging leg to return to the starting position.

**Chair tricep dips:** Find a stable chair, bench, or step. Sit on the edge of the chair and grip the edge next to your hips. Your fingers should be pointed at your feet. Your legs are extended and your feet should be about hip-width apart with the heels touching the ground. Look straight ahead with your chin up. Press into your palms to lift your body and slide forward just far enough that you clear the edge of the chair. Lower yourself until your elbows are bent between 45 and 90 degrees. Slowly push yourself back up to the start position and repeat. Control the movement throughout the range of motion.

**10 min abs workout:** Lying with your back on the ground, prop yourself up into a forearm plank position. Make sure your elbows are aligned underneath your shoulders, and that your hands are balled up in fists. Your forearms should be parallel to one another. Hold for 10 to 20 seconds per set.

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The Smart Health Fitness Programme is designed to combine diet and exercise in a healthy way to support your fitness goals. Depending on what you want to achieve, you can choose a 4 or 8 week plan, which will be tailored around the answers you provide in our online questionnaire and based on your current health and lifestyle.



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