

My Fitness... Anytime, Anywhere



Wellness





Let's Review!

What are the 4 different parts of exercise?



Flexibility



Aerobic



Balance



Strength

An easy way to remember is to think of the acronym **FABS!**



F: Flexibility

Flexibility allows your body to move in many different ways.



In your home, you can use the following to work on your flexibility:

- Carpeted floor, bath towel, or blanket
- Chair with a flat back
- Room with nothing blocking your workout area





F: Flexibility

Neck



- Lie on your back with your arms at your side or sit in a chair.
- Turn your head to the right side for 10 seconds.
- Face forward and repeat on the left side.





F: Flexibility

Arms



- Sit up straight.
- Bring one arm across your chest and grab hold of your elbow.
- Pull it across your chest for 10 seconds.
- Repeat with other arm.





F: Flexibility

Core & Back



- Sit up straight.
- Turn the top half of your body to one side without moving the bottom half of your body, and hold for 10 seconds.
- Repeat, turning to the other side.





F: Flexibility

Legs



- Sit up straight.
- Slowly bend and reach to your toes
- Hold for 10 seconds.
- Repeat.





A: Aerobic

Aerobic exercise is moving around to increase your heart rate. Your body work harder to increases oxygen.



In your home, you can use the following to get an aerobic workout:

- Open area in a room





A: Aerobic *Sprints*



- Set up a start and end point in your workout area.
- Start at one end, run as fast as you can to the other end and back as fast as you can.
- Repeat 5 times.



Safety Note: Make sure nothing is in your way.



A: Aerobic

Jumping Jacks



- Stand or sit up straight.
- Jump as you spread legs apart and clap hands above head at the same time.
- If sitting, raise your arms out to the sides, then up over your head and clap.
- Do 25 jumping jacks and then rest.
- Repeat 3 times.



Safety Note: Make sure nothing is in your way.



A: Aerobic

Run in Place



- Stand or sit up straight.
- Begin running in place (moving arms/legs without going forward).
- Count to 60, stop and rest for 60 seconds.
- Repeat 2 more times.



Safety Note: Make sure nothing is in your way that could block you and cause you harm



A: Aerobic

Walk Laps



- Start at one end of the dining room table.
- Walk briskly around the table 10 times.
- Repeat 2 more times.
- Think about other ways to walk laps at home.



Safety Note: Make sure nothing is in your way.



B: Balance

Balance is keeping your body in control while walking, running, standing, or sitting still.

In your home, use the following to work on your balance:

- Countertop
- Chair
- Room with nothing blocking your workout area





B: Balance

Stand/Sit Straight

- Stand or sit up straight.
- With one leg on the ground, lift the other leg so the knee is at a 90 degree angle.
- Hold for ten seconds, then return.
- Repeat with the other leg.





B: Balance

Heel to Toe



- Start at one end of the room.
- Walk touching heel to toe from one end of the room to the other.
- Turn and go back.





S: Strength

Strength exercises improve your body and make you stronger.



In your home, use the following to work on your strength:

- Countertop
- Chair
- A small hand weight





S: Strength

Bicep Curls



- Stand or sit up straight.
- Holding the weight in your hands palm side up, bend your arm so it is at a 90 degree angle.
- Lift the weight to your shoulder and down again 10 times.
- Rest and then do this again 2 more times.





S: Strength

Modified Push-Up



- Stand or sit up straight.
- Place hand on a countertop.
- Bend your arms and lower your body down, then straighten your arms and push back up.
- Do this 10 times.
- Repeat 3 times.



**Time
to
Cool
Down!**



Wellness

Good Personal Fitness... Anytime, Anywhere!



Wellness

